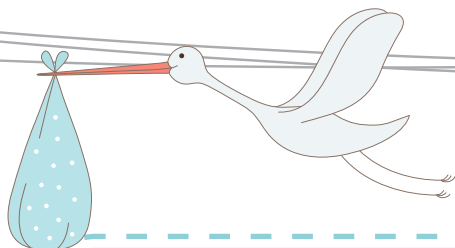


# What to Bring to Hospital Checklist



## For Expectant Mother

### Labour

- Antenatal pregnancy record
- Birth plan or maternity notes
- Healthcare cards
- Backless slippers (we can provide) or thongs
- Socks
- Massage oils or lotions
- Toiletries (you may want to shower before returning to the maternity ward)
- Books, magazines, tablet, notebook and pen
- Swimwear (optional)
- Hairbands, hair-ties or clips
- Music with low volume speaker
- All current medication
- Camera, video camera or Go-Pro
- Mobile and charger
- Loose clothing (you will be given a hospital gown)
- Nighty or baggy top
- Nursing bra
- Maternity underwear (3)
- Dressing gown

### Maternity Ward

- Loose comfortable daywear
- Nightwear
- Nursing bras (3-4)
- Comfortable underwear (10)
- Breast pads
- Maternity pads
- Toiletries
- Hairbrush, toothbrush and toothpaste
- Suitable footwear
- Hair dryer
- Watch

## For Baby

- Vests (8-10)
- Hat (1-2)
- Nightwear (4-6)
- Comfortable day clothing (4-6)
- Comfortable first outfit
- Baby blanket
- Muslin wrap
- Socks and/or booties

### Going home

- Comfortable outfit
- Packed baby/nursing bag
- Car seat installed in car

## For Birth Partner

### Labour

- Pre-planned directions to the hospital
- Comfortable, practical footwear
- Change of clothes
- Swimwear (if you would like them to join you in the bath)
- A copy of the birth plan or maternity notes
- Contact lists
- Phone and charger
- To-do list (discuss with the expectant mother if there is anything in particular she would like you to do during labour i.e. taking photos or video, playing music, things to talk about, assistance with pain relief)

### Maternity Ward

- Daywear
- Suitable nightwear
- Toiletries

**TIP:** Create a to-do list for your birth partner to action when you go into labour i.e. call labour ward, bring in washing, lock up house, organise pets and pack/check off any last minute items.



Notes \_\_\_\_\_

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For more info please visit

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