

What to bring to hospital



For hospital admission (to give to the maternity unit's admission desk)

- Your antenatal card
- Your Medicare card and, if you have private health insurance, your insurance membership number
- Any hospital paperwork that you have completed in advance
- Money (possibly a credit card) for hospital parking

For the birth room

- A light dressing gown, for early labour when you may walk around the hospital corridors
- Slippers or non-slip socks
- An old nightdress or a t-shirt that you don't mind getting messy, to wear during labour
- Massage oil or lotion if you would like to be massaged during labour
- Any labour-helping devices, such as a birthing ball, heat pack or TENS pain relief machine
- Items such as books, magazines, games or knitting to help pass time in early labour
- Glasses or contact lenses, if you wear them (Note: your glasses may fog up during labour, and you cannot wear contacts during a caesarean.)
- A hairband and brush
- Extra pillows
- Toiletries (including lip balm) and tissues
- Music/playlist
- Aromatherapy oils and burner – check whether you can use an electric burner at your hospital (you won't be permitted to use one with a naked flame)
- Your phone and a charger
- A camera
- Face washers
- Snacks
- Sport drinks, lemonade or diluted juice
- Spare change for vending machines
- A watch with a second hand, to time contractions

For after the birth

- Your glasses or contacts, and contact solution
- Plenty of disposable undies, or several pairs of large, comfortable cotton undies
- Two or three comfortable and supportive bras, including maternity bras if you plan to breastfeed
- Sanitary pads – either 'super' size or maternity size (available at the supermarket)
- Books, magazines or music

- Front-opening or loose-fitting nighties or tops if you plan to breastfeed
- A few sets of comfortable day clothes, including something to wear home
- A dressing gown and slippers
- Ear plugs and an eye mask
- Breast pads
- Nipple shields
- Nipple cream
- Toiletries, including your hairbrush, toothbrush and toothpaste, deodorant, shampoo and conditioner
- A notepad and pen for tracking your baby's feeding sessions, writing down questions for your midwife or doctor, noting what the paediatrician says, jotting down memories of your baby's first few days and starting to fill out the birth registration paperwork
- A bag for sending dirty clothes home for washing
- A 'Pump' water bottle for squirting cool water over the perineum to prevent stinging when you pass urine in the early days

For caesarean births (in addition to the main list)

- Large undies that don't sit on your wound
- Clothing with no waistline, such as comfortable dresses that won't irritate your wound
- Mouthwash and dry shampoo – if you want to freshen up but can't get out of bed

For your baby

- Nappies and baby wipes (private hospitals will provide these)
- Different sized onesies for your baby (some 0000 and some 000)
- A few baby singlets
- A few muslin squares/baby wraps for wrapping your baby
- Bags for soiled nappies, if you are using cloth nappies
- A baby capsule in the car. Be sure that you know how to fit your baby capsule properly into the car or have it professionally fitted prior to birth
- Bottles and formula (if you do not plan to breastfeed exclusively or at all). Check whether your hospital will supply these items