



What to Take to Hospital when Having a Baby: The Australian Checklist

For Mum

- Relevant antenatal paperwork
- Medicare information
- Private health documents if planning to birth in a private hospital
- Your birth plan
- Slip on shoes (Slippers, sandals or thongs)
- Snacks (for labour as well as postnatally). Some snack examples are; protein balls, muesli bars, lollies, dried fruit, nuts, chips, juice and cracker
- Water Bottle
- Chargers; Phones, iPads, Laptops, Speakers, Headphones ect.
- Comfortable clothes
- 2-4 pairs of loose fitting pants,
- 3-4 loose or button up tops (the pants and tops can just be pjs),
- 4-5 pairs of high rise underwear (to avoid C-section wound),
- 1-2 maternity bras (if wanting to breastfeed),
- 3-4 pairs of socks are a good starting point
- Going Home Outfit; A dress or loose fitting pants and a top are the best option.
- Toiletries
- Shampoo
- Conditioner
- Moisturiser that can be used as a massage oil in labour
- Body wash/soap
- Toothbrush
- Toothpaste
- Deodorant
- hair ties
- Lip balm
- Eye glasses (if applicable)
- Maternity Pads, 2 packs
- Medications
- Sleeping mask
- Sleeping ear plugs



For Partner

- Change of clothes: In case they are there for a long period of time.
- Snacks
- Closed toed shoes: (if emergency c section and going into surgery)
- Phone: for photos and music

For Baby

- Hat
- 1 Thick Blanket
- A couple of wraps for swaddling
- Tiny clothes (for term babies: one size 00000, mostly 0000 and one or 2 000 for bigger babies)
- Zippies with no feet (Bonds), just in case baby is in special care
- Singlets: Babies can't regulate their temperature well so they need a singlet under their jumpsuit to help keep them warm.
- Nappies: Hospitals generally only supply the first nappy, so make sure you bring a small packet with you.
- Wipes: something gentle on their skin
- Sudo cream in case of nappy rash

Optional

- Speaker
- TENS machine
- Diffuser for essential oils
- Entertainment (book, magazine, ipad ect)
- Gel heat pack (may not be offered at hospital and wheat packs can't be used as they are a fire risk)
- Stress ball
- Lip balm for when using nitrous gas
- Extra pillow (use a patterned pillow case so it isn't accidentally left at hospital)
- Nipple Cream (can also use breast milk instead)

For more information see the [full guide here](#)