

YOUR ESSENTIAL HOSPITAL CHECKLIST

Around week 34 you may have started thinking about what you need to pack for your hospital stay. Here are some suggestions.

DURING LABOUR

- Your birth plan (should you have one) & relevant notes
- A comfortable gown
- Slip-on slippers, easy to take on and off
- Socks (some women experience cold feet during labour)
- A nightie or comfortable t-shirt to wear during labour
- Massage oil or lotion should you want a massage
- A birthing ball if you think you might need one
- Lip balm
- Snacks and drinks of your choosing
- Items to help you relax for example books or a kindle, magazines, iPad
- Hairbands or clips if required
- Music if you would like it to play during labour

AFTER THE BIRTH

- Comfortable clothing
- Nightie or t-shirt with an easy-to-open front to simplify breastfeeding
- Feeding bras and breast pads
- Maternity pads & disposable panties
- Nipple cream
- Personal toiletries
- Support pillow
- Mobile phone & charger
- Towels & tissues
- Hairbrush
- Going home outfit

FOR BABY

- 2-3 baby grows and vests
- Receiving or swaddling blankets
- Disposable newborn or cloth nappies; newborns can go through 8-12 nappies a day
- Wipes
- Feeding cloths
- Socks or booties and a beanie
- Going home outfit
- Dummies (if you plan to use them)

PARTNER

- Documents (ID, medical aid card)
- Toiletries (should your partner stay in hospital)
- Change of clothing
- Mobile phone & charger
- Baby car seat for the trip home