

Hospital checklist + >



Giving birth is an extremely special event, but it's also well known as a very full-on time too! Preparing for your birth by gathering your hospital essentials early is one way to increase your peace of mind as you get closer to your due date.

To help you consider all the essentials that you may need, we have put together this checklist – must-haves for you, your support person (or partner), and of course bubs!

Mum's must-haves

- Your wallet/identification**
- A copy of your birth plan**, including relevant information on the medical history of your pregnancy – perhaps a few extra copies in case of a change of staff.
- Phone and charger** – Make sure you have data!
- Snacks and drinks** – i.e. muesli bars, electrolyte drinks, water bottle, crackers, chocolate etc. Add to your stash with fresh food on the day if possible (fruit and bread etc).
- Breastfeeding-friendly sleepwear and bras** (no underwire)
- Comfortable clothing** to wear in the hospital and for your trip home – i.e. sweater, oversized-tee, maternity leggings, socks and a flowing dress in case of a C-section etc.
- Post-partum sanitary pads** – These may be provided depending on where you give birth. If bringing your own, secure to your underwear so they are ready to go.
- Breast pads and nipple cream** – Lanolin cream is a great natural option.
- Toiletries** – i.e. toothbrush, toothpaste, hairbrush, hair ties, lip balm, bodywash, moisturiser, deodorant, face wipes, medications, vitamins etc.

Baby's must-haves

- Capsule** – This is an essential because you won't be able to drive home without one.
- Light blanket and muslin wrap**
- Clothes** – i.e. cotton singlet, woollen singlet, sleep bag/onesie, woollen cardy/jersey/jacket, woollen hat, booties/socks. Take a minimum of 3 sets, just in case.
- Newborn nappies**
- A natural baby oil or bottom balm**
- Baby wipes**

Support person's must-haves

- Your wallet/identification** (if you are the other parent)
- Phone and charger**
- Book, laptop, and headphones** – These things take time and you may get some personal time between contractions or after the birth.
- Toiletries** – i.e. toothbrush, toothpaste, bodywash, deodorant (low fragrance) etc.
- Extra snacks and a drink bottle** – Don't eat a pregnant lady's snacks, and also be prepared to share yours!
- Warm and comfy clothes** that you can sleep if need be, and a small blanket.
- Your togs and towel** – This is necessary if you are supporting your partner in a water birth.

Personalised Extras



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