

WHAT TO BRING TO THE HOSPITAL?

MAMA'S ESSENTIAL ITEMS:

- Going to hospital outfit (comfy pants, loose-fitting t-shirt, sides or thongs)
- Birth plan (if you have one)
- Water bottle with straw (our favourite is the frank green bottle)
- Labour clothes (Long loose-fitting t-shirt, comfortable crop, jumper)
- Postpartum nappies & pads
- 2-3 pairs high waisted period underwear
- 2-3 pairs comfortable high waisted underwear
- Wet bag (to put dirty clothes in)
- Phone charger
- Comfortable breastfeeding-friendly crop top (if planning to BF)
- 2-3 comfortable outfits or pyjamas
- Toiletries (body wash, shampoo & conditioner, dry shampoo, toothbrush & toothpaste, hair tie/clip, deodorant, face & body moisturiser, face wash, lip balm, hairbrush)

BABY BAG ESSENTIAL ITEMS:

- 15-20 nappies
- 1 packet baby wipes
- 2-3 size 00000 growsuits
- 2-3 size 0000 growsuits
- 2-3 singlets or bodysuits
- Baby blanket
- 2 x swaddles
- Newborn beanie
- Formula & bottle (if formula feeding)

OPTIONAL EXTRAS:

- TENS machine
- Bikini (For water birth)
- Massage oil infused with essential oils (we love jasmine and clary sage!)
- Battery operated tea light candles
- Sleep mask

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WHOLESOME SNACKS:

Wholesome snacks are a great option to consider packing to support long lasting energy (you will need it!). If you are planning on having a caesarean you may not be able to eat for a period of time prior to your surgery so always check this one with your doctor first.

If you are having a vaginal birth and are allowed to eat some of our favourites include:

- Medjool dates
- Pear juice
- Brown rice cakes + nut butter
- Muesli bars
- Mini bags of popcorn
- Trail mix

EXTENDED STAY:

We recommend having your 'extended stay' items already packed and ready to go in a separate bag at home just in case you need to stay in hospital a few extra days. This makes it easy for a family member to collect all the items you need.

- 3-5 extra sets of comfortable clothing
- Additional easy to put on/take off jumper
- 2-3 extra comfortable breastfeeding crops
- 3-5 extra sets of period underwear
- More maternity pads!
- Slippers
- Your own pillow
- 5 additional onesies or growsuits (zips recommended)
- More nappies!

WHAT NOT TO PACK IN YOUR HOSPITAL BAG:

- Non-prescription pain medication like paracetamol + ibuprofen.
- Breast pump
- Ice packs and heat packs