

# What to pack

IN YOUR HOSPITAL BAG



A BEST BIRTH CO. GUIDE



# Labour & Birth

- Comfortable clothing (eg. dress, t-shirt, nightgown, bikini - don't forget a warm option too)
- A packet of maternity pads/pull-ups
- Essential Oils
- Electric Diffuser
- Thongs/Slippers/Slides
- Water Bottle with straw
- Snacks
- TENS Machine
- Heat Pack (some hospitals may not allow wheat bads, best to bring a gel pack)
- Headphones
- Speaker
- **Best Birth Co. Positive Birth Affirmation Cards**
- Fairy Lights
- Eye Mask
- Hair Bands & brush
- Lip Balm
- Facial Mist
- Massage cream / oil
- Pregnancy/Postpartum supplements
- Pillow/Blanket
- Birth Plan
- Camera/Device to record (+ charger)
- A form of ID (Medicare card, Drivers License)
- Phone/Charger (with a long cable)



# Mamma



- Snacks
- Tea/fave hot drink
- 5x High waisted, comfy black underwear
- 2x Maternity Bra
- PJ's with feeding access eg. with buttons or zip
- 2x Socks
- Maternity pads/pull-ups
- Eye mask
- Comfortable clothing (warm is best as hospitals get cold!)
- Pads/disposable underwear
- Perineal ice pack
- Heat pack
- Expressed colostrum
- Warm cardigan/dressing gown
- Toiletries eg. shampoo, conditioner, make-up remover etc
- Spare bag for dirty laundry
- Nipple cream





# Baby

- 5-8x Zippy/all in one suits
- 1x Beanie
- 1x Pair of Socks & Mittens
- 2x Swaddles
- 1x Warm Blanket
- 1x Packet of Nappies
- 1x Packet Baby wipes
- Formula (if you are choosing to formula feed - most hospitals will not supply)
- Some burping cloths
- Going home outfit





# Birth Partner

- Comfortable clothes to last you a couple of days
- Some board shorts or clothes that you'd be comfortable getting wet/dirty
- Long phone charger
- Your normal toiletries
- Your own pillow
- Hand-held notes - if you have created them

