

Packing your hospital bag.

You're on the home stretch. Now its time to prepare for the big day with all the essentials you'll need for labour and after your baby is born.

What to bring for Labour:

- Pregnancy book and birth plan
- A loose fitting, comfortable nightie or t-shirt to wear in labour, slippers/socks and a lightweight dressing gown.
- A change of clothes
- Massage oil or lotion
- Lip balm
- A snack and something to drink
- Something light that may help you to relax and pass the time; books, magazines, card games etc.
- A hair tie
- TENS machine if you chose to use one
- Music to listen to
- Pen and Paper

For your birth partner

- Board shorts and an extra shirt
- A plastic bag for wet/soiled items
- Comfortable shoes
- A watch
- Digital camera or video camera (not for use in the Operating Theatre)
- Mobile phone, charger and contact list to share your news
- A snack and something to drink.

For after the birth

- Comfy maternity clothes. Something that opens in the front is useful in the early days of breastfeeding
- Comfy bras and undies: 2 or 3 nursing bras or singlets. You may also need more undies than you expect.
- Disposable breast pads
- Maternity sanitary pads: bring a couple of packs
- Toiletries: all of those you would normally pack for a holiday (your favourite brand of soap, hair care, toothbrush/toothpaste, moisturiser, deodorant etc).

For baby

- Infant car seat: you wont be able to leave the hospital by car without one.
- 5 suits and singlets for baby to wear while your in hospital
- A special outfit for the trip home: all in stretchy outfits are easiest
- Nappies, nappy bags and wipes
- Baby blanket: take something warm if the weather is cold
- Socks or booties and mittens
- Hat/beanie
- Muslin wraps

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