

WHAT TO BRING

For Labour and Delivery

- Bring anything you like to make yourself comfortable during labour your favourite pillow, music, oils, a TENS machine. You and your partner/support person will have access to refreshments, but are welcome to bring your own if you wish.

For Mothers

- Antenatal pregnancy record
- All current medication
- Camera
- Cash and change
- Mobile phone and charger
- Casual wear for daytime
- Extra bag or two for transporting extra's home
- Footwear
- Hair care products – hair ties, hair clips brush etc
- Music and magazines
- Medicare card
- Night wear
- Notepaper and pen
- Nursing supplies – maternity bra's if choosing to breastfeed
- Personal contact list
- Pillow – bring your own pillow into hospital with a special pillow case
- Toiletries – deodorant, shampoo, body wash etc.
- Toothpaste and toothbrush for you and your support person
- Three to four packets of maternity pads
- Watch



WHAT TO BRING

For Baby

- Baby clothes
- Baby wraps
- Car seat installed in car for travel home
- We get you started with nappies and wipes, please bring additional supply.

For Birth Partner

- Labour
- Directions to the hospital
- Comfortable, practical footwear
- Change of clothes and pyjamas
- A copy of the birth plan or maternity notes
- Contact lists
- Phone and charger
- To-do list
- Ask expectant mum if there's anything she would like you to do during labour i.e. take photos or video, play music, things to talk about, assistance with pain relief)
- Maternity Ward
- Daywear
- Nightwear
- Water bottle
- Toiletries

What NOT to Bring

- Hot water bottles
- Wheat heat packs (we can provide a heat pack if needed)
- Candles with naked flames

