

# What to pack for labour and hospital checklist



## For Expectant Mum

### Labour

- Antenatal pregnancy record
- Birth plan or maternity notes
- Healthcare cards
- Slippers or thongs
- Socks
- Massage oils or lotions
- Toiletries (basic toiletries provided)
- Books, magazines, tablet
- Hairbands, hair-ties or clips
- Music and headphones
- All current medication
- Camera, video camera
- Mobile and charger
- Loose clothing
- Nighty or baggy top
- Nursing bra
- Maternity underwear
- Dressing gown

### Maternity Ward

- Loose comfortable daywear
- Nightwear
- Nursing bras (3-4)
- Comfortable underwear (10)
- Breast pads
- Maternity pads
- Toiletries (basic toiletries provided)
- Hairbrush, toothbrush and toothpaste
- Suitable footwear
- Watch



## For Baby

### Going home

- Comfortable first outfit and wrap
- Packed baby/ nursing bag
- Car seat installed in car

**1 packet of wipes and 1 packet of nappies provided. Baby vests and linen provided unless you would prefer to dress baby in own clothes.**



## For Birth Partner

### Labour

- Directions to the hospital
- A copy of the birth plan or maternity notes
- Comfortable, practical footwear
- Change of clothes and pyjamas
- 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

**TIP: Create a to-do list for your birth partner to action when you go into labour ie: call labour ward, lock up house, organise pets and pack/check off any last minute items.**

