

Packing Your Hospital Bag

This list will vary from hospital to hospital. But is a general checklist of what you should look at packing.

Check with your hospital if they supply maternity pads, baby nappies, wipes, clothes etc. Some do, some don't. This list is written on the assumption that your hospital will not provide anything.

Paperwork:

- Pre-natal card/paperwork
- Birth plan
- Medicare card (for Australians) & or private insurance details

For labour:

- Comfortable t-shirt or night dress.
- Socks (hospitals can often be cold)
- Snacks & drinks
- Hair band
- Massage oils
- Music (ipod etc., with charger)
- Books & or magazines
- Lollies to suck on

Toiletries:

- 2 packs of maternity pads
- Breast pads
- Toothbrush & toothpaste
- Shampoo
- Hair brush
- Hair dryer
- Soap
- Moisturiser
- Lip balm
- Make up
- Deodorant
- Hand cream

Clothing for mum:

- Slippers
- Night clothes
- Dressing gown
- Lots of pairs of underwear
- Socks
- Daytime/casual clothes (don't forget, if you are breastfeeding, breastfeeding tops will be useful)
- Casual clothes to wear for visitors (if desired)
- Pair of comfortable shoes
- Maternity bras

Baby:

- Baby wash
- Baby wipes
- Face cloth
- Baby towel
- Clothing (jumpsuits, socks, hat, singlets)
- Going home outfit
- Muslin wraps
- Nappies
- Baby blankets
- Nappy rash cream

Miscellaneous:

- Camera (make sure the batteries are charged & you have the flash card in it)
- Video camera
- Address book or list of important numbers (friends & family to call, schools, colleges etc)
- Mobile phone & charger, change & or phone card (most hospitals don't allow you to use mobile phones, check with your hospital)
- Money to pay for vending machines, public phones etc.
- Change of clothes for your partner
- Any medication you may be on
- Glasses/contact lenses
- Plastic bag for dirty clothes
- Snacks
- Pen

For the trip home:

- Casual/comfortable clothes & footwear for the trip home. *
- Appropriate clothes for the baby to wear.
- Car seat. Obviously not something for the hospital bag, but by law your baby must be in an approved car seat at all times.

* It will take a while before you can fit into your pre-pregnancy clothes, so loose fitting/maternity clothes will still be necessary.