

What to Bring to Hospital when Having a Baby

English

September 2018

This is a list of suggestions of what to bring to hospital for the birth of your baby.

For the car

- 2 clean old towels
- Plastic container in case of vomiting

Please ensure you have an approved, fitted car restraint for your baby in your car prior to labour.

You will need

- Your antenatal card
- Medicare card
- Insurance details (if you have)
- Something to wear while you are in labour – a big t-shirt or an old nightdress
- Nightdresses and a dressing gown
- Some loose and comfortable day clothes
- Comfortable footwear
- Underwear including 2 nursing bras. Some women use disposable briefs
- Maternity size sanitary pads
- Breast or nursing pads
- Toiletries - soap, toothbrush, toothpaste, deodorant, shampoo, brush, comb and face cloth
- Lip balm
- Hairdryer
- Sweets/lollies to suck
- Phone charger

For partners or support people

- Food, snacks and drinks
- Loose comfortable clothing and a jumper as the hospital is air-conditioned
- A pen and paper can be useful
- Swimming costume
- Phone with camera/video, camera or video recorder and chargers

For baby

- Nappies (8-10 per day)
- Baby wipes
- If you are planning to formula feed your baby, you will need to bring your own formula and bottles
- Baby clothes to wear to go home

Professional interpreters are available if you need help in understanding or speaking in English. Interpreter services are free and confidential. If you would like an interpreter please ask the staff or call Translating and Interpreting Service (TIS) on 131 450.

Local Contact

Name: _____ Phone: _____