

Hospital bag checklist



the women's
the royal women's hospital

Following is a list of personal items and clothing you and your birth partner or support person may wish to consider packing before you come to the Women's to have your baby.

Birth parent

During labour

- Comfortable clothing – for example, an oversized t-shirt, warm socks, comfortable underwear or whatever you prefer
- Your own pillow (labelled with your name) if you prefer
- A drink bottle (one with a straw is useful during labour)
- A spray bottle (non-aerosol) for spraying cooling water
- Snacks – for example, barley sugar, jellybeans, muesli bars, sports/hydrating drinks, etc.
- Lip balm
- Your favourite music (speakers are available)
- Your favourite essential oil (oil diffusers are available)
- Hair ties, clips or a headband to keep hair out of your face

After labour

- Thongs or slippers, and perhaps non-slip socks (footwear must be worn at all times)
- Nursing bras or a wire-free bra or support top (like those used for exercising)
- Nursing/breast pads
- Underpants – waist-high, full brief (rather than bikinis) and lots of them!
- Maternity pads (3 packets)
- Nightwear – a nightie or night shirt, rather than pyjamas, and a dressing gown
- Prescription and non-prescription medications, if needed (please let your care team know)
- Toiletries – body wash, shampoo and conditioner, deodorant, toothpaste, toothbrush etc.
- Camera
- Phone charger (extra-long cord is useful)
- A keepsake or notebook to write down some first thoughts and memories

It's best to pack for more days than anticipated. Please leave jewellery, credit cards and other valuables at home – and please do not bring large amounts of cash to the hospital.

For baby

- Cotton balls and disposable wipes (non-fragranced)
- Muslin wraps – for bathing and taking baby home
- Newborn nappies (packet of 32)
- Baby clothes – singlets and long-sleeved onesies are best
- A baby blanket/shawl for going home
- An infant car restraint (for day of discharge)
- Feeding formula – only if you plan to use milk replacement formula* to feed your baby

* The Women's is an accredited Baby Friendly Health Initiative Hospital. This WHO/UNICEF accreditation is associated with the 'Ten Steps to Successful Breastfeeding', a guide for healthcare providers to protect, promote and support breastfeeding. Staff at the Women's will discuss feeding your baby with you and recognise your right to make an informed choice about your baby's feeding and will support you in that decision.

Birth partner or support person

The birth partner or support person may wish to bring:

- Snacks and drinks
- A change of clothes
- Personal toiletries, including soap, shampoo, deodorant, toothpaste, toothbrush etc.
- A travel pillow or bed pillow in case you have time for a nap or overnight stay
- Headphones
- Phone charger