



HOSPITAL BAG PACKING GUIDE

An extensive list on everything you need to bring with you to hospital for you, your partner and your baby

TOP PACKING TIPS

Have your bag ready around 36 weeks so you don't have to stress about it last minute.

I am not usually a chronic overpacker but in this instance you will likely regret not having something rather than bringing it, so if in doubt pack it.

Pack all aspects of your bag with your partner so when you need something they can get it for you and you don't have to leave the labour zone into your thinking brain

Pack separate bags for you and your baby so you have easy access to everything.

For items that you still use like toiletries, I recommend you buy a separate bag to just leave in your bag so you don't need to put in anything last minute. As a special treat by the nice versions of things so you have the nice things to use after birth

Look around the room before you leave the birth space to make sure you haven't left anything behind

MUMS BAG

- Your birth plan
- Medicare and insurance cards, hospital ID number
- Phone
- Pain Relief tools
 - TENS machine
 - birth comb or birth spiky ball
 - heat pack
 - rebozo
 - massage creams
- Tools for your labour space
 - Essential oils
 - fairy lights or electric candles
 - affirmation cards
 - your own pillow from home, bonus if it smells like you/home
 - portable speaker and music playlist

- Headphones
- Eye mask
- Toiletries/ personal items
- Lip balm
- face wash, body wash, shampoo, conditioner
- moisturiser (a great one as birth makes you dry)
- toothbrush and toothpaste
- deoderant
- hair brush
- hair bands and pins
- glasses/contacts (if applicable)
- basic make up (optional)
- Snacks for you and your partner that are easy to nibble on
- Large drink bottle
- electrolye drinks
- Phone charger
- swimmers
- shower shoes (optional)
- 3 pairs large underwear per day stay
- 10 maternity pads or 5 disposable underwear per day stay
- Witches hazel pads or wipes
- 1-2 breastfeeding bras (your milk won't be in so you can rewear)
- Comfortable labour outfit like a nighty
- 1 loose breastfeeding-friendly outfit per day + spare
- pyjamas
- dressing gown (optional)
- socks
- slippers
- peri bottle
- dirty and wet bag
- silverettes (optional)
- hydrogel breast discs (optional)
- regular prescription medications (if applicable)
- daily pregnancy & breastfeeding supplement
- something special for the staff who cared for you and a thank you card (bonus with a photo), this might be something you provide a few days after birth

PARTNERS BAG

- Change of clothes for during birth (more if able to stay on ward)
- swimwear
- toiletries
- phone / camera
- water bottle
- paracetamol or other remedy in case of a headache, as the hospital can't usually provide to you as you are not a patient

BABY BAG

- 2-3 onesies per day (4 0's tend to be the best average)
- 2-3 singlets per day
- 2 socks (if no feet on onesies)
- Beanie
- 2x swaddles (for going home, hospital usually supplies during)
- 2 burping clothes
- 8-10 nappies per day size 0-1 for a term baby
- Baby wipes
- Expressed colostrum (pack last minute into a cooler bag on ice)
- Going home outfit
- Dirty clothes bag
- breastfeeding pillow (optional)
- baby body wrap (optional)