

Hospital Check List

Bags are packed...

The days of grabbing your keys and running out the door are soon to be behind you, and the first bag you'll need packed is your hospital go-bag. From birth-plans to bath robes, lip-balm to lollies, the list can be long!

So here are our top tips on what you'll need to make for the most comfortable start for Mum and baby alike.

Have your baby bag on stand-by from around (xx) weeks, in case of unexpected arrivals!

For the birth

- Medicare card or health insurance details
- A copy of your birth plan
- Lip balm – your lips can become dry and chapped during heavy breathing in labour, bring your favourite lip balm to offer relief.
- Loose t-shirt or nightie – bring something comfortable to wear during labour.
- Soothing music – check with your hospital if they provide CD players/speakers, and if not you may want to bring your own. Wiggles not recommended.
- Extra pillows – pillows for your back, pillow for your neck, pillows for your legs. You can never have too many pillows.
- Watch with a second hand for timing contractions.
- Lollies or lollipops and snack – not only for hunger pains, but great for fighting dry-mouth during labour.
- Slippers or socks – your feet can get cold during labour, bring socks or backless slipper to keep them snug.
- A squeeze drink bottle or bendy straw – water, juices and sports drinks can help keep your energy and hydration, and a squeeze bottle or straw are great to avoid sitting up or repositioning.

For Mum

- A bedside clock – for timing feeding and nappy changes.
- Two or three nighties/pyjamas – in case you are staying for a few nights.
- Bathrobe – for if you are in a shared ward.
- Thongs to wear in the shower.
- Two to three nursing bras.
- Two to three boxes of disposable breast pads.
- Underwear – lots and lots of underwear.
- Two to three packets of maternity/incontinence pads.
- Comfortable/loose fitting day clothes – you may not be able jump straight back into your pre-pregnancy jeans, so bring something comfy and loose fitting.
- Toiletries – toothbrush, toothpaste, shampoo, conditioner, deodorant, liquid soap, moisturiser and hair bands.
- Hair dryer – a gentle way to dry off over sore stitches or sore areas.
- Your mobile phone and charger.
- Nipple cream – can help to prevent discomfort if you are breast feeding.
- Your own towel – the fluffier the better.
- Framed family pictures – if you're not a first time Mum it will make your other kids feel special when they come to visit new baby brother or sister.

Hospital Check List cont.

For Dad

- Camera/Video camera and charger – to immortalise babies first days.
- Cash for snacks and drinks.
- Extra bags – between freebies from the hospital, and cards and gifts from well-wishers, a couple of extra bags to take home won't go astray.
- Books or magazines – believe it or not, there can be a lot of down-time for Mum and Dad during and after labour, a good read can help pass the time.

For Baby

- Baby oil – apply some oil to babies bottom before that first nappy change, for the first few days meconium can make clean-up sticky business.
- Car seat – make sure you leave room for baby!
A correctly fitted Australian safety standard approved carseat to bring you bundle of joy home is a must.
- Coveralls, singlets, pants, scratch mittens, socks and booties – baby will need a variety of outfits to be cuddled and snuggled in, bring extra layers like cardigans and bonnets depending on the season.
- Outfit to take baby home
- Wipes. When you think you have enough wipes – pack more wipes.
- Cellular blankets
- Muslin wraps

Extra items

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-