



The Ultimate Hospital Bag check list

This is a list of everything that you could possibly think of - it's a starting point from which you can reduce or add to a list of what you personally need.

LABOUR BAG

Lip balm - cracked and sore lips are a pain!
Birth Plan - if you have one
Rescue Remedy - great for calming emotions
Pregnancy Wheat pack - I sell extra long bags, perfect for wrapping under your belly or across your lower back - includes dried lavender to help relax
Massage lotion
Various music
Comfy pillow
Placenta Cocoon from Earth Friendly Cocoons -return your placenta to our Earth
Warm socks
Water bottle
Any medications and/or personal items
Bellies to Babies tip: Comforts from home - maybe a photo, favorite pillow. Something that will help you create a comforting, calm, familiar atmosphere for you - this is important, so spend some time gathering bits and pieces to take with you.
Diffuser and essential oils - check with your LMC what oils can be used
Big t-shirt - for comfort
Hair ties or hair band
Snacks / muesli bars / lollipops / mints
Magazine / puzzle book - something for distraction
Nursing singlet and comfy pants - don't take pre pregnancy clothes, they won't fit just yet
Cell phone and charger
List of people to call / address book

FOR MUM AFTER BIRTH

Breast pads - wool or cotton are ideal, disposable available too
Maternity pads - a couple of packets
Simple body wash with no colours or fragrances - won't mask the smell of mum for breastfeeding baby nor sting if you have stitches
Maternity bras - the most comfortable bra you will ever wear!
Pyjamas / nighties
Bellies to Babies tip: Full brief knickers, period knickers or adult nappies are so much easier than maternity pads!
Slippers
Dressing gown
Loose comfortable day clothing - you won't be able to fit pre-pregnancy clothing for a wee while
Toiletries, soap, shampoo, toothbrush, toothpaste, hairbrush, make up, deodorant, moisturizer, face cloth
Jandals - for the shower
Bag for dirty clothes
Pen and notepad / journal - something to jot down notes
Glasses / contacts
Snacks
Wallet/eftpos card
Money for vending machines / parking

FOR PARTNERS AND SUPPORT PEOPLE

It's really important that partners and support people packs a bag to bring too. The last thing you want is them nipping off to get food and drink right when you need them the most!

Togs & Towel (if your partner is planning a water birth or laboring in water and/or using the shower)
Drinks and a snacks - easy to prep foods, there is a microwave available to heat food if required
Magazine / book
Cell phone and charger
Know mum's birth plan - (if she has one) so you can remind her and advocate for her if needed
Change for vending machine/parking - download the parking app beforehand (ParkMate)
Change of comfortable clothes
Tooth brush, tooth paste and deodorant - you want to keep fresh
Your own bedding if you are planning on staying over-night once baby is born
Bellies to Babies tip: comfortable shoes, no jandals (these are ok for the shower) as your feet will get tired and sore and you will be no good to help and support Mum!!

FOR BABY IN HOSPITAL

Merino or Cotton Onesies x 3
Merino or Cotton nightie x3
Socks / booties x3
Cotton singlets x5
Nappies - the hospital will supply some
Baby Wraps - only muslin or cotton wrap, no polar fleece!
Blanket - as above, only natural fibres - cotton/wool/merino/bamboo
Car seat
Going home outfit
Bellies to Babies tip: install the carseat before you are in labour so you can take your time and follow the instructions. Hospitals won't let you leave without a carseat so this is really important.



CONFIDENT | INFORMED
SUPPORTED | PREPARED