

Your stay

What to bring



For Expectant Mum

Labour

- Antenatal pregnancy record
- Birth plan or maternity notes
- Healthcare cards
- Slippers or thongs
- Socks
- Massage oils or lotions
- Toiletries
- Books, magazines, tablet
- Hairbands, hair-ties or clips
- Music and headphones
- All current medication
- Camera, video camera
- Mobile and charger
- Loose clothing
- Nighty or baggy top
- Nursing bra
- Maternity underwear
- Dressing gown

Maternity Ward

- Loose comfortable daywear
- Nightwear
- Nursing bras (3-4)
- Comfortable underwear (10)
- Breast pads
- Maternity pads
- Toiletries
- Hairbrush, toothbrush and toothpaste
- Suitable footwear
- Hair-dryer
- Watch



For Baby

Going home

- Comfortable first outfit and wrap
- Packed baby/ nursing bag
- Car seat installed in car

1 packet of wipes and 1 packet of nappies provided. Baby vests and linen provided unless you would prefer to dress baby in own clothes.



For Birth Partner

Labour

- Directions to the hospital
- Comfortable, practical footwear
- Change of clothes and pyjamas
- A copy of the birth plan or maternity notes
- Contact lists
- Phone and charger
- To-do list

(Ask expectant mum if there's anything she would like you to do during labour i.e. take photos or video, play music, things to talk about, assistance with pain relief)

Maternity Ward

- Daywear
- Nightwear
- Water bottle
- Toiletries



What not to bring

- Hot water bottles
- Wheat heat packs (we can provide a heat pack if needed)
- Candles with naked flames

TIP: Create a to-do list for your birth partner to action when you go into labour ie: call labour ward, lock up house, organise pets and pack/check off any last minute items.