

Your stay

What to bring



For Expectant Mum

Labour

- Antenatal card
- Birth plan or maternity notes
- All current medication
- Healthcare cards
- Slippers or thongs
- Socks
- Massage oils or lotions
- Toiletries (basic toiletries provided)
- Books, magazines, tablet
- Hairbands, hair-ties or clips
- Music and headphones
- 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 (basic toiletries provided)
- Hairbrush, toothbrush and toothpaste
- Suitable footwear
- Watch



For Baby

Going home

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

We provide wipes and nappies. Baby vests and linen are also provided, though you are welcome to dress baby in own clothes if you prefer.



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 ie take photos or video, play music, things to talk about, assistance with pain relief)

Maternity Ward

- Daywear
- Nightwear
- Water bottle
- Toiletries

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