



What to take to the Hospital

When you go into labour the last thing you need to be thinking about is packing a bag to take to hospital! Even if you have an elective Caesarean scheduled, always be prepared for the unexpected. We have put together a list of items that we recommend you have pre-packed in a “go bag” in an easy-to-reach place in your home that you can pick up and take with you to hospital at a moment’s notice, full of the essentials to get you through labour, delivery and the first few days with your newborn. We recommend packing a go bag when you are around 36 weeks along.

For you

- Medicare card
- Private health insurance card
- Hospital paperwork
- Birth plan and maternity notes
- Phone charger
- Something to wear during labour
- Slippers / socks
- Dressing gown
- Snacks and drinks
- Massage oil if you want to be massaged during labour
- Lip balm
- Books, magazines, games, knitting etc. to pass the time as you labour
- Glasses or contact lenses, if needed
- Hair ties if needed
- TENS pain relief machine, if needed
- Toiletries (hairbrush, toothbrush, toothpaste, shampoo, conditioner, deodorant)
- An outfit to wear home - something loose, comfortable and (in the case of pants) adjustable, such as drawstring or an elasticised waistband
- 2 or 3 nursing bras
- Breast pads
- Nipple cream
- Nightshirt/t-shirt - button-down fronted shirts

- for breastfeeding
- Old/cheap knickers
- Maternity pads for post-natal bleeding
- Notepad and pen to write down notes about baby’s feeding/sleeping, first memories, and to note down advice from and questions for doctors and midwives so you don’t forget

For the baby

- An infant car seat, properly installed
- A onesie for the trip home
- 2-3 sleep suits and singlets (more if you think you will be in hospital for several days)
- 1-2 baby blankets
- Nappies, wipes and bags
- Socks
- Hats/beanies

For your birth partner

- A hand-held fan to cool you down while labouring
- Clean, comfortable clothing to change into if needed
- Comfortable shoes
- A camera
- A video recorder if you wish
- Snacks and drinks
- Phone charger

For your older children

- Quiet toys (nothing that makes loud noises when played with)
- Books
- Colouring books and pencils
- A disposable camera so they can take their own pictures
- Snacks (e.g. fruit cups) and drinks