

## What to Take to the Hospital

### **For the labour**

**Food** – easy, nutritious snacks like dried or fresh fruit and nuts, granola bars, trail mix, wholemeal bread and if you are organised enough carbohydrate-rich foods like a pasta, rice or potato salad.

**Drinks** – Plenty of bottled water – a water bottle with a built-in straw or pump bottle is ideal.

Also pack fruit juices (apple, pineapple, and grape juice are all good. Avoid orange juice as it is very acidic). You might also like to take some prune juice with you for post-partum to help you with your first bowel movement after the delivery. The juice is a gentle natural laxative.

### **Miscellaneous**

- Several copies of your birth plan
- Your pregnancy medical file and test results
- A bottle of almond oil to give to the midwife for perineal softening during the delivery
- Wash cloth
- Lip balm
- Flip flops for the shower
- Shower cap
- A nightgown or t-shirt if you prefer to wear your own clothes during labour
- A pair of socks (the birthing suite can be cold)
- Something to tie your hair back off your face
- A selection of music you have prepared for your labour or a playlist on your iPod or iPad.
- Comfort tools such as: TENS machine, heat/cool pack, tennis ball, massage ball/rollers, affirmation cards, Bach Flower rescue remedy, Rebozo scarf (make sure it is long and wide and not made from a slippery fabric like silk), battery operated candles, your favourite pillow from home.

Remind your **partner** or **doula** to also bring a change of clothes as well as shorts and flip flops if they are coming into the shower with you.

### **For your stay in hospital post-partum**

- 1-2 nighties (if you want to wear your own, otherwise the hospital provide these)
- Dressing gown
- Slippers
- 2 pairs of socks
- Maternity pads

- Multi-pack of cotton underwear (nothing too expensive as you will probably want to throw them away)
- General toiletries - shampoo, conditioner, body wash/soap, toothpaste, toothbrush, brush and/or comb, deodorant, moisturizer (don't use soap or moisturizers on your nipples though),
- A good nursing bra
- Breast pads for leaking (should be 100% cotton – no plastic or synthetic fibres)
- Mobile phone & charger
- Comfortable clothes to go home in (you'll most likely still be wearing your maternity clothes as you will still look about 5 months pregnant when you leave)
- Book/magazine/iPad
- Pillow – you might like to have your own pillow as hospital pillows aren't usually all that comfortable!

### **For baby!**

- Long-sleeved "onesie" footed pyjamas (hospitals are quite cold, so babies will need to be well-covered). Press studs or zippers are most practical.
- Newborn sized nappies
- Barrier cream
- Wipes
- Outfit to take baby home in
- Blanket

Most important of all – a properly fitted **infant car seat**! Make sure you fit it correctly before you take baby home and familiarize yourself with how to put your baby in and out of the seat safely. You can also have your infant car seat professionally fitted by the RACV or by staff from the store where you purchased it.

