

What to take to hospital

If you are having your baby in a hospital or birthing centre, use this handy checklist to make sure you have everything you might need.

Paperwork	Mum	Partner
Medicare card Hospital paperwork Antenatal card Birth plan (if you have one) Insurance details (if you have it)	Going home clothes Old t-shirt for labour Loose, comfortable clothing Supportive bras (maternity bra) Slippers Thongs Socks	Change of clothes Swimwear Toiletries Pillow Baby Nappies (8-10 per day) Baby blanket Baby wipes Baby clothes Onesie Hat Booties or socks
General Music Camera Phone	Sleepwear Dressing gown Warm jumper or cardigan Cheap or disposable underwear Maternity sanitary pads	
iPad/tablet Chargers Books and magazines Snacks and drinks Cash Headphones	Button-up shirt for breastfeeding Breastfeeding pads Hairband and hairbrush Massage cream or oil Lip balm Makeup (if you wish)	
Eye mask and ear plugs	Shower essentials Toothbrush and toothpaste Glasses or contact lenses	

Things to remember

- Check with the hospital or birthing centre what you need to bring.
- Find out about visitors' waiting hours and waiting rooms.
- Make sure the car seat is properly fitted.
- If you have other children, have a plan for who will be looking after them and when they will come to visit.
- If you have pets, make sure you have someone on standby to look after them.



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Take This To The Hospital With You

Huangqi Zhang

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