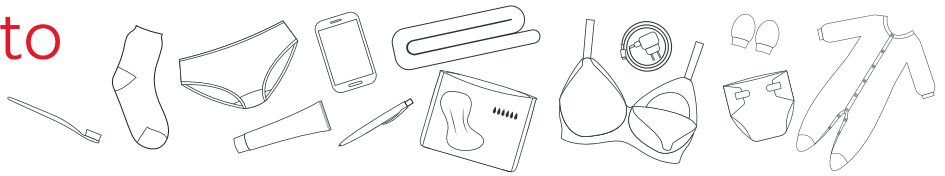


Suggested items to bring to hospital



WHAT TO PACK FOR LABOUR

Separate small bag – bring only this bag to the birth suites.

✓	For mum:
	Comfortable clothing to labour in
	Favourite playlist
	Massage oil
	Toiletries
	Lip balm
	Lollies (for energy)
	TENS machine (if planning on using one)
	Hair ties
	Socks (1 pair – sometimes your feet get cold)
	Camera – fully charged
	Massage ball/roller
	Stress ball
	Change of clothes and maternity pads for after the birth
	Phone charger
X	Heat packs are not permitted to be brought into the hospital. If required, these will be provided for you.
✓	For partner/support person:
	Change of clothes
	Bathers – when assisting in the shower
	Toiletries
	Snacks
✓	For baby:
	First outfit – singlet, grow suit/onesie, nappies

WHAT TO PACK FOR YOUR POSTNATAL STAY

Suitcase on wheels preferred – bring this to your postnatal room after the birth of your baby.

✓	For mum:
	Casual clothes
	Night attire including slippers
	Toiletries including tissues
	Maternity pads – 3 packets
	Maternity bra/maternity crop tops (3)
	Pen
	Underwear – firm fitting, high waisted, cotton/lycra, 2 sizes larger than normally worn
	or bike shorts
✓	For partner:
	Night attire
	Toiletries
	Change of clothes
	Slippers or comfortable footwear
✓	For baby:
	Grow suits/onesies (6-8)
	Singlets (6)
	Muslin baby wraps (4) (for twins increase the requirement by half)
	Baby wipes
	Disposable newborn nappies (30)

Please do not bring valuables into the hospital.

Cabrini will not accept responsibility for the loss or damage of valuable or personal belongings.

IMPORTANT REMINDER:

Please ensure your baby car restraint is fitted in your car prior to admission and that you're familiar with adjusting the restraint.