

What to Bring to Hospital

For labour

Clothes for labour-old t-shirt and underwear, a warm pair of socks.

- Your own pillow if you would like (labelled)
- Music.
- Toiletries including maternity sanitary pads
- Thongs or slippers
- Lip balm for dry lips
- Extra food if you want –barley sugar, jelly beans, fruit bars (healthy options if GDM)
- Drink bottle (we have filtered water available to fill it up)

For after the birth

- Front opening pyjamas (for breastfeeding) and a dressing gown
- Comfortable day clothes
- Underwear – high waisted (we recommend packing underwear a few sizes larger than what you would usually wear) and nothing too fancy!!
- Feeding bras (with no underwire)
- Breast pads
- Maternity sanitary pads
- Toiletries
- Plastic bags for sending home washing and taking home flowers and gifts
- Non-slip footwear
- High waisted support leggings (SRC recovery shorts)
- Other suggestion: paper, pen and a small amount of money for snacks/papers.

Please do not bring jewellery, credit cards or a large amount of money to hospital SWH cannot accept responsibility for any loss.

A support person can bring bathers for bath or shower, food-snacks/juice etc.

What your baby needs:

You will need to provide the following for the remainder of your stay:

- Nappies and wipes
- Nighties or jumpsuits (onesies)
- Socks or booties
- Mittens and hats (make sure all personal items go home to be washed afterwards)

SWH will provide baby wraps/bunny rugs/blankets, & singlets.