

Getting ready for baby: What to Bring to Hospital?



When should I pack?

You should aim to have your bag packed at least a month before your baby's due date.

General

- Antenatal Card
- Medicare Card and Private health details (if applicable)
- Phone Charger
- Things that can help you in labour e.g. music, massage oil
- Car seat
- Water bottle
- Preferred snacks

For Support People

- Food, snacks, water bottle
- Loose comfortable clothing
- Toiletries
- Camera and chargers
- Swimmers (if planning to labour/birth in water)

For Mum

- Loose comfortable clothing including a jumper
- Maternity bras
- Underwear (cheap or disposable)
- Shoes and socks
- Slippers/thongs
- Sleepwear
- Dressing gown
- Breastfeeding friendly tops e.g. button up shirt
- Any medications you are currently taking
- Toiletries (e.g. soap, shampoo, toothbrush, deodorant)
- Maternity sanitary pads
- Breastpads
- Hair band/headbands
- Lip balm/chap stick

For Baby

- Nappies (5 per day)
- Baby wipes
- Baby clothes
- Baby blanket
- Antenatal expressed breastmilk (if available)

Our Birth Units have an open door policy, you're welcome to come in anytime.

For your information, Birth Unit contact numbers are:

Liverpool: 8738 5625

Campbelltown: 4634 4093

Bankstown: 9722 7870

Fairfield: 9616 8260

Bowral: 4861 0224