

HOSPITAL PACKING LIST



Packing your hospital bag

Your guide to the essentials + the little luxuries that will enhance your birth experience



WHAT BAGS WILL YOU NEED?

It won't be long until you meet your baby, but what do you need to pack to ensure you are ready for the birth?

It's easy to overpack and tricky to know what you will need if this is your first baby.

Space is usually limited in the labour room, and you and your support team will need to move around easily, so packing efficiently is vital.


To help you prepare, the guide sets out the essentials and the small luxuries you may want to consider.

Pack three bags:

- one for labour;
- one for your hospital stay after the birth; and
- one for your new baby.

Bring the first bag into the hospital and collect the others from the car when needed.

Soft overnight bags are best — you don't want to be tripping over suitcases.



BAG ONE — LABOUR

Labour Essentials

- Sports drink/squeeze bottle*
- Something comfy to wear, e.g. loose tee/nightie (nothing fancy as it's likely to get stained)
- Warm robe/hoodie + socks
- Toiletries:
 - Toothbrush + toothpaste*
 - Hair bands
 - Lip balm (as your lips can become dry and chafed during labour)
 - Face + hand moisturiser
 - Deodorant*
 - Prescribed medication
- Snacks + sweets you can suck on*
- Phone
- Glasses/contact lenses*
- Your birth plan and anything you need to support it, e.g.
 - Massage/aromatherapy oils
 - Tens machine
 - Hand mirror if you want to watch the head crowning and baby being born
- Medical records — while your medical team should have everything, it can be helpful to bring copies of your prenatal records + other relevant information, e.g. medical insurance

*your birth partner will need this too

Labour Luxuries

- Entertainment
 - Book/kindle/magazine
 - iPad / tablet
 - Long charger cables or battery pack
 - Music + small Bluetooth speaker/earbuds/headphones
- Snuggly blanket
- Extra pillows - this is commonly recommended by new Mums!
- Camera + charger

Baby's First Outfit

- All-in-one baby sleepsuit
- Short sleeve bodysuit (base layer)
Cotton hat, socks + mittens
- Bassinet blanket - breathable material such as cotton or wool is best
- Lightweight wrap such as a muslin swaddle



BAG TWO — POST LABOUR

Post Labour Essentials

- Day clothes + nightwear
 - You are likely to be sore, so pack loose-fitting, comfortable clothes
 - Make sure they work for easy breastfeeding if this is your plan
 - A supportive breastfeeding bra
 - Underpants — it pays to have some old ones that can be thrown away in case of staining in the days after birth
 - Bathrobe/hoodie, as you may be in a shared ward
 - Slippers/socks
 - Plastic bags for soiled clothing
- Additional Toiletries:
 - Soap
 - Shampoo + conditioner
 - Hairbrush
 - Nipple cream
 - Tissues
 - Post Natal Multi-Vitamins
 - Disposable breast pads
 - Maternity pads

Post Labour Luxuries

- Toiletries (as above plus): luxuries
 - Witch hazel spray to aid recovery
 - A jug for pouring water over sore bits after urinating can provide relief
 - A roll of soft toilet paper or flushable wipes to soothe sensitive areas
 - Flannel
 - Towel
 - Jandals (for wearing in the shower)
 - Make-up (although you probably won't use it)



BAG THREE — BABY'S BAG

Clothing

- All-in-one sleep suits (x4 in case of accidents) — zip suits are easiest for sleep-deprived parents
- Short-sleeved bodysuits/singlets (x2)
- Woollen booties
- Cotton hat + socks (x2 sets)

Feeding/changing/sleeping

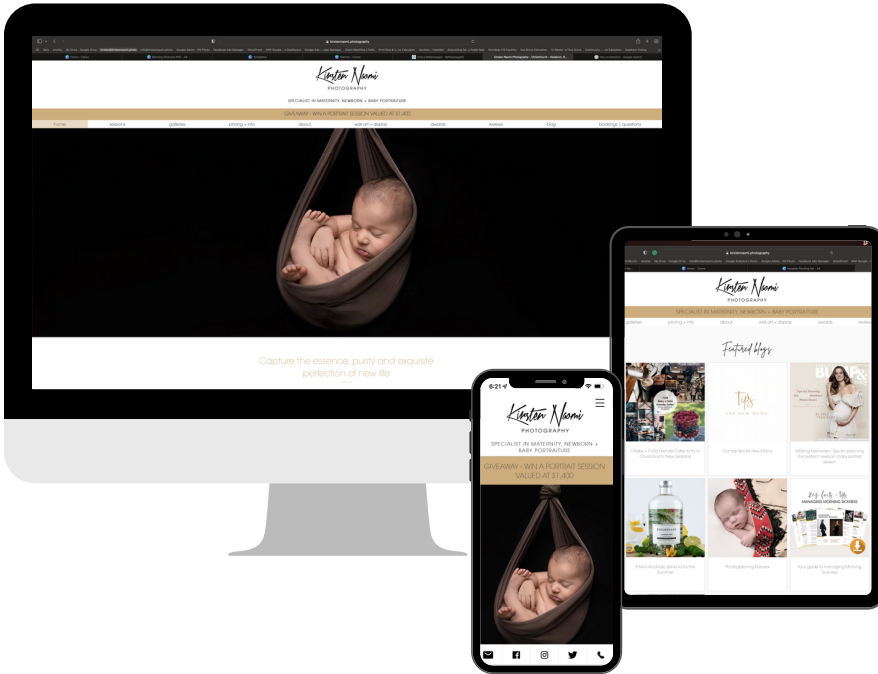
- Muslin squares for feeding/burping
- Lightweight wrap such as a muslin swaddle
- Many maternity hospitals provide nappies and wipes - check with your midwife ahead of time

Resources

- Buying and installing an appropriate car seat/mirror - [Waka Kotahi/Baby on the Move](#)
- Babies grow quickly, so you don't need to buy many clothes for each stage. Check with friends and family for hand-me-downs, as these will be perfect for everyday wear. If you still want some extra things, here are some of our favourite places to shop:
 - Everyday essentials - all-in-one sleepsuits [Bonds/The Sleep Store](#) /[Nature Baby](#).
 - Lightweight wraps, muslins, merino blankets [Aden and Anais/Eco Sprout](#)

Going Home

- Going-home outfit
 - Remember that car seats have straps between the legs, so covering your baby's legs will be the easiest and most comfortable
 - Include a woollen hat for taking them outside
- An appropriate car seat — you won't need to bring this in until you are ready to go home
- A baby car seat mirror so you can see your baby's face while the capsule is facing backwards







Helpful?

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Sign me up!

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