

Calvary Babies

Calvary North Adelaide Hospital

Caring for South Australians since 1900



What to bring to hospital

- Any medication you are taking
- Any letters or reports from your Doctor

For Mother (Have bag packed at 36 weeks)

- All toiletries
- Maternity pads (2-3 packs)
- Sleepwear and comfortable daywear
- Underwear
- Maternity bras and breast pads
- Slippers or other footwear
- Pen or pencil
- Phone charger
- Camera

For baby

- Baby wipes (see list of biodegradable options)
Starter pack will be given
- Nappies (see list of environmentally friendly options)
Starter pack will be given
- Clothes (Optional)
- Wraps (Optional)
- Clothes for going home

For partner

- Appropriate sleepwear
- Clothes and toiletries

For Labour (Suggestions - all optional)

- Lollies
- Lip balm
- Music & speaker
- Magazine, DVDs
- Nightie or old T-shirt
- Hair bands for long hair
- Socks, preferably grippy for walking around
- Clothes or nightwear
- Slippers for after delivery
- Pillow
- TENS machine
- Essential oils
- Stress ball
- Basic toiletries

Footwear should always be worn around the maternity unit please.

Please organise for pets to be cared for.

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North Adelaide Hospital

Hospitality
Healing
Stewardship
Respect

Continuing the Mission of the Sisters of the Little Company of Mary