

# Packing Suggestions for Maternity

The following list of items are suggested for labour and for your postnatal stay. The list is neither a required list or exclusive of things you might need; so feel free to modify it to your situation.

We suggest that you divide items into a labour bag and a postnatal stay bag and that you familiarise your birthing partner with the contents of the labour bag to ensure that they know where to find items whilst making it easier for you to concentrate on your labour journey.

## For labour:

- Antenatal card
- Birth ideas sheet
- Comfortable clothes to labour in
- Lip balm
- Hair bands/clips
- Snack food/jelly beans/mints/lollypops
- Thongs/slippers
- Maternity sanitary pads
- Phone/charger
- Camera/charger
- Labour props – stress balls/massage oil/massage tool/visualisation scripts etc.
- Music and some way to play it
- Heat packs
- Socks
- Spare change (for vending machine after hours)
- Toiletries
- Day/night clothes to wear after birth
- Snacks, drinks and spare clothes/swimmers for your birthing partner – in case they want to get in the shower with you
- Closed shoes for your support partner appropriate to wear to theatre if necessary

## Calvary John James will supply:

- One pack newborn 'Huggies' disposable nappies (18 nappies)
- One pack of baby wipes
- One dinner for your nominated support person (let staff know to arrange this, additional meals may be purchased through the Kitchen you you can bring your own food in)

## We will loan:

- Gowns for baby to wear
- Baby blankets
- Towels/Blankets for Mum and Support Partner

**For Mum (postnatal period):**

- Toiletries and hairdryer
- Things to pass the time – books/craft/DVDs
- A pen/notebook
- Your own pillow if desired
- Moisturiser
- Flushable wipes (some women prefer these to toilet paper post-birth)
- Maternity sanitary pads
- Undies – disposable/high waisted for caesareans
- Pyjamas/nighties – with easy access for breastfeeding
- Maternity bras
- Snacks/lollies/chocolate/fruit drink (poppers)/muesli bars
- Dressing gowns
- Slippers
- Breast pads
- Clothes that fitted you around 6 months, are comfortable around the waist and are easy to breastfeed in (open at the front, lift easily or have feeding openings)
- Plastic bags for dirty clothes (for you and baby)

**For Support Partner (postnatal period):**

- Toiletries
- Clothes for duration of stay
- Snacks/Food
- Shoes appropriate for walking around hospital

**For baby:**

- Nappies/Wipes
- Approved infant car restraint fitted to vehicle
- Clothes to take baby home in, including a hat and blanket
- Nappy bag containing items for changing nappies/clothes and breastfeeding

**If you wish to use your own items for baby you will need to bring:**

- Singlets
- Outfits – most babies fit size 000 – 0 in the early days
- Beanie (for winter baby)
- Blankets/bunny rugs
- Muslin wraps
- Socks
- Bathing items – while warm water is recommended in the early days, some parents prefer to use soap.

Remember that babies do soil clothing and blankets frequently, so bring enough clothing to cover 2-3 changes a day.