

HOSPITAL BAG

✓ CHECKLIST

HUGGIES

HOSPITAL BAG CHECKLIST

It might feel like you have been pregnant forever, but the final weeks before you give birth can fly by in a whirl of excitement and last minute plans.

It's a great idea to prepare as much as you can. As every parent will tell you, when your baby is on its way it's all hands on deck - and there isn't much time to think about which shampoo to pack for the hospital or where the spare batteries are.

WE RECOMMENDED PACKING TWO BAGS:

1



A bag of **absolute essentials** for giving birth that you can keep near the door or in your car, so it's always nearby.

2



A second bag with things that will make your hospital stay **more comfortable**. This bag can be brought to you later by a family member or friend.

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Here's a list of things you may want to pack ready for the big day.

ESSENTIALS FOR LABOUR

- ✓ **Paperwork** – make sure you have your hospital registration card, the details of your doctors, and all your healthcare information.
- ✓ **Birth plan** – if you have decided how you would like your child's birth to be handled, then it never hurts to have it all written down for medical staff and your delivery team.
- ✓ **Contact numbers** – you don't want to be fumbling through a phone book if you need to call or text someone, so pack a list of numbers for people you want to keep informed.
- ✓ **Phone and charger** – A fully charged phone is indispensable for calls, texts, and photos.
- ✓ **Camera with charged batteries/charger** – even if you are not the sort of person who wants to film the birth, pack a camera for photos after the event and on the way home.
- ✓ **Music and music player** – depending on how long your labour is, some of your favourite or most relaxing music might be vital.
- ✓ **A watch** – pack a watch with a second hand or second counter, to time contractions.
- ✓ **Water bottle** – keeping hydrated and cool is important, so keep a water bottle with you to sip or pour over your head.

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- ✓ **Cold/heat packs** – hospitals sometimes provide heat and cold packs, but why take the risk? Throw a couple into your bag for when you need them.
- ✓ **Stress balls** – we've all seen women squeezing their partners hand during contractions or the big push. Pack a stress ball or a tennis ball to take some of the strain. They can also be used for back and foot rubs.
- ✓ **Massage oil** – back, neck, foot and tummy rubs can make you feel like a new person, between contractions.

- ✓ **Spare clothes** – you'll need something comfortable and loose-fitting for labour and after you have given birth, as well as things to wear if you go for a walk.
- ✓ **Energy drinks** – replace those electrolytes with an isotonic drink, or take some apple juice to dilute with water or ice if you'd prefer something fruity.
- ✓ **Snacks** – some fruit or chocolate might come in handy for you, but it will definitely be appreciated by whoever is with you. If food is right there, they can stay by your side.

NEXT DAY NECESSITIES

- ✓ **PJs** – when you have your new baby and you've had some rest, you'll want to get cleaned up and comfortable. There's nothing like slipping into your own PJs for that.

- ✓ **Slippers/socks** – if you go for a walk to the bathroom, gift shop, café, or even just down the hall, it will be handy to have something comfy to slip your feet into. If the weather is cool, you might also like a dressing gown for another layer.

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- ✓ **Shower pack** – hospitals are not hotels, so take all your shower items with you - shampoo & conditioner, body gel, loofah, moisturiser, hair brush, toothbrush & toothpaste, deodorant, makeup. Your own towel can be nice to have with you, too.
- ✓ **Maternity pads** – if you can, get some “heavy flow” pads for right after the birth, especially for sleeping in, and some lighter ones that you can wear home.
- ✓ **Maternity/nursing bras and breast pads** – maternity and nursing wear is comfortable and practical. Slip in some breast pads or shells for sensitive nipples or milk leakage.
- ✓ **Spare change** – pack some change for refreshments, magazines, and phone calls.
- ✓ **Books/magazines, a notepad, and pens** – read some trashy mags, do a crossword, or write notes.
- ✓ **Plastic/washable bags** – these are really handy for taking home dirty clothes to be washed.
- ✓ **“Going home” clothes** – photos will be taken when you leave the hospital and when you get home with your new baby. Pack something clean and comfortable for the ride home.

FOR YOUR BABY

- ✓ Huggies newborn nappies
- ✓ Huggies wipes
- ✓ Clothes – singlets, jumpsuits, socks
- ✓ A blanket or light wrap
- ✓ Going home outfits – pack two, just in case
- ✓ Certified baby capsule for the trip home

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HANDY HINTS

- 1 Try wearing men's underpants to accommodate bulky maternity pads. They can also be more comfortable if you have stitches.
- 2 A water spray bottle can be invaluable for cooling down, and for spraying yourself when you are using the bathroom. Diluting your urine will decrease any stinging caused by irritation, tearing and stitches.
- 3 Ear plugs might just make the difference between getting some sleep and lying awake listening to other people giving birth. They are also handy if you need to catch some rest, during the day. Hospitals are not always whisper-quiet zones.
- 4 Hospital pillows are not known for their luxurious plumpness or high thread count. Take your own pillow if you can, and maybe scent it with a relaxing essential oil to combat that necessary but not really "homely" hospital disinfectant smell.
- 5 Pack some dry shampoo and wet wipes. It's nice to be fresh for visitors but sometimes getting out of bed and into the shower isn't possible.
- 6 If this is not your first child, you might like to give your other child/children a little gift from their new brother or sister. This is a nice introduction to the newest member of the family for someone who might be feeling a little bit left out.

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- Music and music player
- A watch
- Water bottle
- Cold/heat packs
- Stress balls
- Massage oil
- Spare clothes
- Energy drinks
- Snacks

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- Slippers/socks
- Shower pack
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