

# Helpful items to bring to hospital

**Everyone's birthing experience is different and so are the items that are brought in by birthing parents and their partners. These largely depend on individual needs, however there are some key items.**

## Helpful items for the person giving birth can include:

- Sleep wear or comfortable clothes
- Cheap or disposable dark coloured underwear and maternity style comfortable underwear
- Sanitary pads including overnight pads
- Supportive bras
- Breast Pads
- Scent free shower and bathroom toiletries
- Comfortable and safe footwear
- Any medications you've been taking
- Clothes for going home
- Phone and device chargers
- Devices for relaxation (ipad/other electronic devices)
- Insurance details
- Digital or printed birth plan
- Medicare card
- Nipple balm

## It can be useful for support partners to bring:

- Change of clothes
- Swim wear
- Scent free toiletries
- Snacks

## Some items that can be helpful once baby is born include:

- Formula if planning to bottle feed
- Newborn clothes for during hospital stay and blankets/swaddle wraps
- Wipes



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