



The haus of health

The ultimate
hospital bag
packing list

IT'S HAPPENING! LABOUR

FOR THE BIRTHING PERSON

- Loose & comfy clothes to labour in - An oversized t-shirt or a sarong - ensure it is easy to remove
- 2-3 pairs of loose undies (that you won't mind throwing out)
- Snacks! Coconut water, bliss balls, nuts, dried fruits
- Water bottle with straw
- Your own pillow
- Swimwear if opting for a waterbirth
- A personal item that brings you comfort

FOR THE SUPPORT TEAM

- Comfy Shoes.
- Change of clothes (don't forget a jumper)
- Swimwear if opting for a waterbirth (you may want to jump in!)
- Snacks. Many Snacks.

POST PARTUM

- Clothes for the trip home - Loose and comfy
- Large and comfy black undies, about 3 per day
- Sleep Mask
- Flat, slip on shoes
- Slippers
- 2 x Warm socks
- 2 x Pyjamas (in case there might be an overnight stay)
- Dressing Gown
- 2 x Breastfeeding Bras
- Nipple cream
- Expressed frozen breastmilk - labelled clearly with name and date and stored in a small esky. You won't need much, baby's belly is the size of a pea at birth!
- Vitamins and supplements you have been taking
- If having a Belly Birth, a large and loose t-shirt is handy
- Snacks!

FOR LE BEBE

- 2 per day, washed onesies - zips and with feet are the easiest to use. Weather specific.
- 2 per day, Singlet suits
- Beanie
- Wet wipes
- Newborn nappies (Even if you are doing reusable, disposables whilst still in hospital will work best)
- Swaddles or sleeping bags
- Extra bunny Rug /wrap
- 2 x warm blankets
- Umbilical tie (if using)

TOILETRIES

- Hairbrush
- Body wash
- Shampoo & Conditioner
- Moisturiser or body oil
- Deodorant
- Toothbrush and toothpaste
- Lip balm (you'll definitely want this!)
- A few face washers
- Massage oil if you'd like to be massaged during your labour
- Hair-Tie or scrunchie and bobby pins / clips
- Prescription glasses if required. Contact lenses may need to be removed prior to a C-section
- Maternity sanitary pads
- Reusable absorbent breast pads

THE SPACE

- Depending on how you'd like to setup, any or all:
- Birth ball / Fit ball
- Yoga Mat
- Diffuser with hospital approved essential oil
- Affirmation artwork
- blu-tac for artwork
- fairy lights
- LED candles
- Playlist and Speaker (speaker charger)
- Astral light projector

PRACTICAL STUFF

- 3 x Birth Preferences sheet printed
- Phone chargers
- Camera, if using
- Any documents required including Medicare / Health insurance card
- Bag for dirty clothes
- SSSHHHH sign printed for the birthing room door
- Coins for parking (if needed)
- Baby car seat - properly installed and YOU KNOW how to fit baby into seat (important, obv!)

