

What to bring to hospital when having a baby

Who is this information for?

This information is for pregnant women planning to give birth in hospital.

Planning ahead

It is a good idea to pack a bag several weeks before your due date.

Wash your baby's clothes before use. Do not store baby clothes or bedding in moth balls (naphthalene) as the fumes are poisonous.

Make sure you bring enough supplies to see you through two to three days in hospital. The length of your hospital stay may change depending on your health and the health of your baby.

If you are not planning to breastfeed you must supply your own formula (sterile bottles will be provided for your stay)

Please do not bring jewellery, large amounts of money or other valuables to hospital.

We suggest

- night wear such as pyjamas and dressing gown
- comfortable day clothes such as a tracksuit
- extra underwear
- maternity bras (with no under-wires) and breast pads
- maternity sanitary pads (not-deodorised and not ultra-thin)
- toiletries (soap, toothpaste, toothbrush, deodorant and shampoo, etc.)
- light carry bags for sending home your washing, and taking flowers and gifts home
- footwear such as slippers or thongs
- money for car parking
- a pen for completing your menu and your baby's feed chart.

For labour we suggest

- your pregnancy Hand Held Record
- clothes for labour such as a cotton nightie or an old T-shirt, warm socks, old underwear
- gel heat pack (not wheat) for use during labour
- music you would like to listen to during labour
- some snacks you may want in labour for yourself and your support person
- camera, box of tissues, lip balm to prevent or treat dry lips.

For your baby we suggest

- grow-suits in newborn size **and** singlets (0000 or 000 size)
- baby wraps and blankets
- socks (booties), mittens (like gloves)
- nappies for your baby (if using cloth nappies also include fasteners)
- (optional) consider a beanie (hat) for taking your baby home in cooler weather.

The hospital provides

Towels and bed linen for use during your hospital stay.

You will need to take your own clothes and baby's clothes home to be washed

Important note

Ensure you have an **approved car seat for your newborn baby** fitted ready for to take your baby home from the hospital.

For more in information see Monash Women's website: <https://monashwomens.org/>

For Translating and Interpreting Service information



Call 131 450 TIS National

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