

Mum:

- Birth plan (if you have one) Medications
- Mobile, chargers (extra long cable), headphones
- Labour outfit (eg crop top)
- Comfy clothes 3 x outfits. So either tracksuit/ leggings/ shorts
- 7x High waisted dark coloured underwear (suitable for maternity pads)
- 2x packs of Maternity pads or maternity pull ups
- 3x Nursing bras or bralettes
- 2x Button down PJ's or shirts for breastfeeding
- Compression wear (socks/leggings)
- 1x Matchy Matchy Robe
- 1x jumper
- Socks, slippers or slides
- Going home outfit (loose, comfortable)
- Nipple cream
- Toothbrush + toothpaste
- Glasses and/or contact lenses
- Deodorant
- Face wash + creams, lip balm, makeup (if desired)
- Shampoo + Conditioner
- Hairbrush + hair ties, clips or headband
- Water bottle with straw (easier during labor)
- Eye mask + ear plugs
- Pillow
- Peri bottle (optional)
- Snacks
- Items to optimise your birth space (optional: ie. speaker, fairy lights, salt lamp etc.)
- Ice packs/heat packs (optional)

Baby:

- Car seat installed
- 6x Long Sleeve Layers in 0.2 TOG, size Newborn or 0-3 Months
- 2-3x Cocoon Swaddle Bags in 1.0 TOG, size Newborn or 0-3 Months
- X5 Singlet
- X5 Double zipper onesie
- X3 Swaddle/TOG
- Nappies - Bring one whole packet
- Wipes
- Beanie x 2

- Dummy (optional)
- Milestone card (optional)
- Night light (optional)

Don't need:

- Bottles - Nope- hospitals provide these & they can stay at home.
- Formula if you require hospital will provide
- Mittens & socks

Partner:

Change of clothes + underwear

Pyjamas

Jumper or Jacket (for any last-minute errands)

Thongs and board shorts (optional - to help in shower)

Toothbrush + toothpaste, deodorant, glasses and/or contact lenses

Snacks

Packing Tips:

Keep your length of stay in mind as you begin to pack

Check with your healthcare provider on what will be supplied

Leave valuables at home

If you forget something – don't worry, someone can always bring it in for you