



# What to bring to hospital when having a baby



## When should I pack?

You should try to have a bag packed at least a month before your baby is due.

## What should I pack for me?

- Comfortable clothes
- Comfortable clothes for labour, such as a large t-shirt or nightie
- Underwear and maternity bras
- Toiletries such as toothbrush, soap, shampoo
- Hair bands/headbands
- Lip balm/chap stick
- Maternity pads (at least 2 packs), breast pads
- Warm socks, shoes
- Any medications you are currently taking
- Phone, phone charger, camera
- Things that may help you in labour, such as music, massage oils, pillows.

## What should my support person pack?

- Healthy snacks, drinks, lollies - remember if you are in labour at night the hospital food outlets are closed
- A change of clothes, some toiletries (to freshen up).

## What should I pack for baby?

- Nappies (1-2 newborn size packets)
- Wipes
- Clothes (hospital gowns are provided for use in hospital but you can choose to use your own clothes)
- Wraps and blanket
- If you are planning to bottle feed you will need to bring your own formula, bottles and teats.

We suggest you label your bag and leave your valuables at home

## Birth Unit Contact Information

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