



Epworth Maternity

# Preparing your *hospital bag*

It's a good idea to pack your hospital bag when you're around 35 weeks pregnant. A lot of parents enjoy this task and say it helps them feel mentally prepared for what's ahead.

## **When packing your bag**

- > consider using luggage with wheels as Epworth has a no-lift policy for staff
- > ensure that all personal items and luggage items are marked with your surname
- > if you haven't already done so, arrange to have an approved child restraint fitted into your car so you are ready to travel home from hospital safely.

## Here's a list of items we suggest you include:

### For you

#### Clothing:



- comfortable, loose fitting casual clothes – consider tops that open in the front for breastfeeding access
- nightwear that opens in the front for breastfeeding access (3-4 items)
- underwear high waisted, firm, and supportive (6-8 pairs)
- maternity bras
- dressing gown or robe
- slippers or flat slip on shoes.



#### Personal toiletries:

- personal toiletries including hairbrush, body wash, shampoo, conditioner, moisturiser, deodorant, toothbrush and toothpaste and lip balm
- maternity sanitary pads (3 packets)
- nursing pads (1 box)
- nipple cream.



*Hairdryers are available at the hospital for your convenience.*



#### Medical:

- your personal obstetric record
- current x-rays, scans, and pathology results
- any medications you currently use
- Medicare card
- private health insurance cards
- blood group card (if you have one)
- a payment method to cover any possible out-of-pocket expenses
- any eligible pharmacy or government entitlement discount cards, e.g. your safety-net card.



#### Aids to help you relax/feel comfortable:

- aromatherapy oils and a diffuser
- massage aids
- hot/cold gel pack
- TENS machine
- music device
- photos or other personal items from home.



#### Other items to consider:

- mobile phone and charger
- camera and charger
- books or magazines.

### For your baby

- baby wipes
- cotton singlets (6)
- socks, booties, mittens and hat (2 of each)
- gownsuits (6)
- swaddles/wraps (6)
- baby blanket
- going home outfit.



### For partners/birth support person staying overnight

- appropriate night time attire
- bathers
- change of clothes
- personal toiletries.



*We recommend washing your baby just in warm water, for the first 12 months. If you would like to use soap or shampoo, please ensure that it is low fragrance and designed for sensitive skin.*

*Epworth supplies you with disposable nappies during your hospital stay.*

### Separate birth bag and hospital bags

You might like to consider one bag for the birth of your baby and a separate bag for your hospital stay. With separate bags, you can travel lighter into the birthing suite with only the things you need for that event. Once you have settled into your postnatal room, your support person can bring up the remainder of your bags.



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[epworth.org.au/who-we-are/our-services/maternity](https://epworth.org.au/who-we-are/our-services/maternity)