



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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