

Midland Midwives By The Bay

Hospital Birth Supply List

If you are planning a hospital birth you may decide to labour at home for a while. So you may want to ensure that you have some labour aids there for you. These supplies are not necessary, but are optional. The hospital is only able to provide a minimum of supplies at it is best to make sure you have everything you need.

For Yourself:

Health card
Nightgown, pyjamas, housecoat
Underwear, nursing bra
Two piece bathing suit
Slippers, warm socks
Pillow and pillow case
Snacks, drinks, and water bottle
Change for parking, vending machines
Cell phone charger

Toothbrush and toothpaste/mouthwash
Lip balm
Hairbrush, hair ties
Shampoo, shower gel
Deodorant
Sanitary napkins
Breast pads

Comfort measures:

Heating pad
Frozen water bottle
Tennis ball or rolling pin
Body massagers
Massage lotion or oils (unscented)

Music
Homeopathic or herbal remedies
Almond or Olive Oil for perineal massage

For Your Baby:

Approved car seat
Sleepers and undershirts
Hats and socks

Blankets
Vaseline or olive oil
Diapers and wipes

Other Tips:

You may want to pack everything in 2 bags: one for labour and birth; one for after the birth. You can leave the second bag in the car with the car seat.

Bring comfortable clothes to go home in.

Do not bring large amounts of money or valuable jewellery to hospital.