

Packing for hospital- what to take for your newborn

Nappies and related items

- ☐ Disposable nappies, cloth nappies or both
- ☐ If you choose cloth nappies you'll need safety pins or a nappy fastening device
- ☐ A soft cloth or cotton balls for cleaning baby's bottom when you're changing nappies
- ☐ Zinc oxide cream or petroleum jelly- in case nappy rash develops in the first few days

Bottle feeding supplies (if applicable)

- ☐ A tin of infant formula which is suitable for feeding babies from birth.
- ☐ Two bottles
- ☐ Two teats
- ☐ One bottle cleaning brush
- ☐ One plastic knife for mixing the formula with the water

Clothing for baby to wear in hospital

- ☐ Clothes that are not too hot and not too cold
- ☐ Singlets
- ☐ Jumpsuits or sleepers
- ☐ Blankets or shawls appropriate for the weather
- ☐ A special outfit for baby's first photos

Things for going home

- ☐ An approved baby car seat appropriately fitted which meets all requisite standards
- ☐ A going home outfit which should include:
 - Jumpsuit
 - Singlet
 - A shawl or blanket
 - A hat
 - Two nappies