

Things to pack in your bag for labour and childbirth

Personal and health records and documents

- Medicare card
- Health insurance card and details
- Antenatal card or records (if applicable)
- Referral or other letters from your doctor (if applicable)
- Booking details (if you have booked to give birth at a private hospital)
- Concession card or pension card if you have one

Medicines

- Any medications you take regularly

Things for extra comfort during labour

- A wheat or heat pack to soothe the pain during labour
- A pillow with a coloured slip
- A fit ball which can be used for comfort
- Something to focus on
- A portable music player and music
- Lip gloss- to soothe dry lips
- Sweets or a lollipop to suck while you're in labour

Clothing

- Something to wear while you're giving birth
- Socks to wear during labour as feet often feel colder than the rest of your body

Toiletries

- A face washer
- Hairbrush or comb
- Hair ties or clips

- Facial tissues

Everyday essentials

- A camera to record a few of your special moments during labour
- Contact details for friends you want to notify
- Watch or clock
- A small amount of money
- Glasses or contact lenses