

## Things to pack in your bag for your stay in hospital

### *Maternity supplies*

- Sanitary pads
- Breast pads
- Lanolin cream for nipples
- Information on breastfeeding

### *Clothing*

- Loose and comfortable clothing for your hospital stay, including:
  - a dressing gown or night dress
  - 5 or 6 pairs of pants
  - comfortable t-shirts/jumpers for during the day
- Comfortable shoes, including slippers
- Plenty of underwear, including:
  - nursing bras and/or supportive bras
  - underwear
- Going-home-outfit

### *Toiletries*

- Toothbrush and toothpaste
- A face washer
- Soap
- Shower cap
- Hairbrush
- Shampoo and conditioner
- Facial tissues
- Towels
- A hairdryer if you use one
- Any other toiletries which you think you may need including make-up if you normally wear some

*Extra comfort*

- A blanket

*Entertainment*

- Your new baby paperwork, such as your paid parental leave forms and filling in your baby's birth certificate.
- Magazines
- Books
- A portable music player and music
- Puzzle books
- Tablet PC or e-reader

*Everyday essentials*

- Pen and notepad
- Mobile phone and charger (or phone card/coins if mobile phones not allowed in hospital)
- Contact details for friends you want to notify
- Dentures