

## What to pack in your hospital bags

### For mum:

- Basic toiletries
- Cheap cotton undies - granny panties style or period underwear from supermarket
- Easy breast access pyjamas if you're planning on breastfeeding
- Breastfeeding bra and/or singlets
- Cell phone charger
- Comfy loose clothing
- Maternity pads - 1 pack
- Pillow from home
- Lip balm
- Any non-pregnancy medications
- Snacks and drinks
- Playing cards, book, or speaker for your own music

### For dad:

- Basic toiletries
- Comfortable clothing
- Own pillow

### For baby:

- Woollen singlet/merino body suit x2
- Woollen jersey
- Size 0000 and 000 bodysuits x2 each
- Size 0000 and 000 gowns or all in ones
- Socks x2 pairs
- Booties
- Woollen Hat
- Going home outfit – singlet, body suit, all in one or top and bottom, cardigan, and hat
- Disposable baby wipes and 1 pack of newborn nappies
- Muslin wraps x2
- Car seat – pre-fitted to your car
- Cotton or woollen blanket for car seat

We do not recommend any polyester or polar fleece material for baby's clothes or blankets as it does not allow for air flow. This means that baby can get hot, sweat, and then lie in their sweat which gives them a chill. Essentially the material acts more like a plastic than breathable material such as cotton and wool.