

The ultimate hospital/birth centre checklist

The Support Team Checklist

- Hospital paperwork
- Antenatal card, Medicare card, private health insurance information
- The birth plan
- A folder for paperwork
- Phone card or change for public phones. Be aware that mobile phones often need to be switched off in public wards.
- List of important phone numbers - family, friends, children's carers/school
- Change for parking metres
- Cash and change to pay for newspapers, phone calls, snacks - it's usually 3am when you want change and there will be no where to get it
- Pen, paper/notebook - take notes about the labour, the birthing mother will appreciate it later
- Clock or watch and nominate someone to do the time of birth check
- Mobile phone and charger
- iPod or stereo if you would like music
- Camera with spare film & batteries/charger
- Reading material for your birth team
- Baby capsule already installed into car in plenty of time

Natural Remedies and Natural Pain Relief

- Thick rubber gloves, bucket & nappies for hot nappy compress treatment
- Natural remedies such as bach flowers, homoeopathic or herbs.
- Ice Blocks to suck on are a huge relief for some reason for labouring women. Check your birth centre or hospital has a freezer beforehand.
- Healthy snacks for your birth support team
- Filtered water and healthy drinks for energy and sustenance. Juice is great to maintain energy.
- Favourite pillows and quilt to create a personal atmosphere
- Birthing stool
- Birth pool hire (check with hospital if allowed)

Packing for Childbirth

- Heat pack
- Comfortable clothing, t-shirt, pyjamas, shirt or womama birthing wrap
- Warm socks or slippers
- A bendy straw to make drinking easy in the last stage of labour
- Childbirth massage oil
- Soft face cloth
- Hair band to keep your hair off face
- Lip balm, lips get dry during labour
- A box of tissues
- Oil burner - only electrical ones accepted in hospital, no open flames
- Extra clothes for both you and your partner- you may use a shower or bath or pool during labour
- Inflatable pillow to use in the bath or birthing pool
- A night light or salt lamp for dim atmosphere to help mother focus
- Light jumper, a hospital is cool inside

For Mum

- Breastfeeding top with front opening
- Breastfeeding book for helpful hints
- Flat slip-on shoes or slippers
- Pyjamas, dressing gown or comfy tracksuit
- Maternity pads
- Big comfy undies that fit well x 4 minimum
- breastfeeding bra
- Organic cotton breast pads
- Bathroom bag
 - hairbrush
 - shampoo
 - conditioner
 - make-up (optional)
 - moisturizer
 - tissues
 - deodorant
 - toothbrush
 - toothpaste
 - soap
- Going home outfit for you
- Plastic bag for dirty laundry

For Baby

- Nappies (discuss options with hospital staff before birth)
- 1 x baby singlet's
- 2 x baby jumpsuits
- 1 x socks / booties
- 1 x mittens
- 1 x beanie
- 1 x going home outfit
- 3 x baby wraps
- Wipes or cotton wool balls
- Baby wash
- Face washers
- Baby towel
- 1 x Baby blanket

Personal List

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