

Some ideas of what to bring to Hospital

Tena koutou katoa, Kia orana, Talofa lava, Malo e lelei, Fakaalofa lahi atu,
Taloha Ni, Ni Sa Bula Vinaka,
Greetings and Welcome to National Women's

For You

Suggestions for Labour

- You are welcome to bring a support person/people of your choice
- Lip Balm
- Massage Oil
- Warm socks
- Own Pillow
- Light Reading Matter
- Food or drink for support person, energy snacks and drinks for you
- Glucose Tablets or Honey
- Travelling Rug or Blanket
- Music of choice – iPod/iPad/phone
- All important camera
- Toiletries

We recommend you leave your valuables at home

For your ongoing stay in hospital

- Day or night wear: you may feel more comfortable in your own day clothes or night wear.
- Remember that you will be breast feeding so clothes that open down the front or separate at the waist are recommended.
- A supportive breast feeding bra is also essential and appropriate.

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Day Wear

- Shirt and trousers, skirt or dresses, lava lava, summer wear as hospital is warm.
- Bras and breast pads, panties, jandals (for wearing in the showers).

Night Wear

- Nighties or pyjamas, lava lava, dressing gown.

Toiletries

- Soap & face cloth, toothbrush and toothpaste.
- Deodorant
- Shampoo and brush, 3 packets of sanitary pads.

Optional

- Pen (For completing babies feed chart).
- Your own mug or cup. Tea and milo is provided.
- Your own pillow and cover.
- Complementary remedies and usual medications.

For Baby

We provide nappies during your stay, but please bring your own baby clothes such as woollen hat or bonnet, gown or all-in-one, booties and jackets/cardigans for your baby.

To take baby home

Appropriate clothing for the time of year including:

- A woollen hat.
- Warm shawl or blanket.

Car seat appropriate for your newborn baby is always required.

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