**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.
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.

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.
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- Warm shawl or blanket.

Car seat appropriate for your newborn baby is always required.