

What to pack for childbirth

It is a good idea to have your bag packed at least a month before your baby is due.

Try to limit your luggage to what will fit in an overnight bag.

Paperwork

- Maternity handheld record.
- Medicare card.
- Birth preferences or plan (if you have one). Please aim to discuss and record your individual wishes as part of your birth plan during your pregnancy.

For yourself

- Loose and comfortable clothing to wear during labour.
- A few changes of comfortable day clothes and sleepwear.
- Maternity bras and comfortable underwear (several pairs).
- Maternity sanitary pads x 2 packets.
- Toiletries (shampoo, toothbrush, toothpaste etc).
- Any medications you regularly take.
- A black pen to fill in baby's feeding chart.
- Mobile phone and charger.

For your baby

- Newborn disposable nappies (1-2 packets) and baby wipes.
- Clothing for the baby to wear in hospital e.g. onesies and singlets.
- A 'going home' outfit for baby and baby blanket.
- Any frozen expressed breastmilk – please ensure this is labelled and is given to the midwives on arrival to be stored in the freezer.
- Bottles and own formula if you are planning on formula feeding your baby.
- Baby capsule already fitted in your car. We cannot check your car seat prior to discharge.

For your labour

- We encourage you to wear your own comfortable clothes or nightdress.
- Anything you need to make your stay more comfortable, e.g. favourite pillow, music (you will need to bring your own device to play music), magazines, camera.
- Snacks and drinks for yourself and your support person.
- A wheat pack (no hot water bottles permitted).

- Massage and aromatherapy oils (no candles permitted).
- A wide neck drink bottle for iced water during labour.
- A mirror and sieve if planning to birth in water.



Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.

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