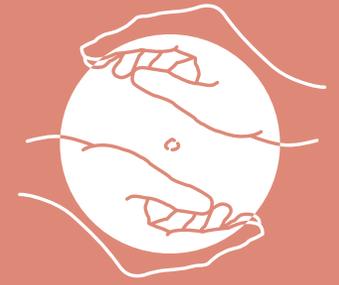


# The Shire Birth Doula

## Hospital Bag Checklist



Thinking about packing your bags for the hospital may seem a bit daunting and overwhelming! Hopefully this checklist helps you to feel relaxed about packing, so that you can focus on the birth of your baby.

### ~ Helpful tips ~

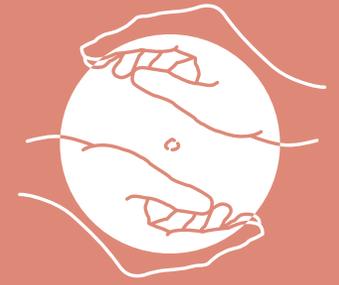
You are considered full term at 37 – 40 weeks, so it is a great idea to have your hospital bags packed and ready by 36 weeks.

The average length of a hospital stay for a vaginal birth (without complications) could be as early as 6 hours, or 1-2 nights. For a caesarean birth, the average stay is around 2-4 days (without complications).

Try to pack as few bags as possible, so you aren't having to do multiple trips from the car to the hospital.

Circumstances may change where you need to stay longer at the hospital than planned. You may want to either pack a few extra things or have a bag at home that is packed and ready, and could be easily brought in by someone if needed.

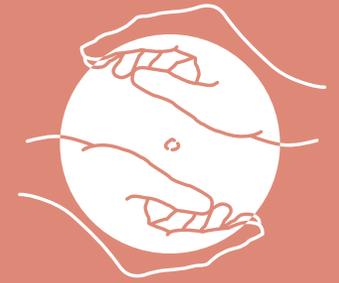
# Labour and Birth Items



- Birth plan
- Water bottle with straw – staying hydrated during labour is important
- Easy snacks to give you energy
- Eye mask – if this is something that may help you to get into the zone/relax
- Hair ties
- Labour playlist & bluetooth speaker
- Lip balm
- Bag - for clothing that may get soiled
- Phone charger
- Swimmers (if you don't want to be naked in the bath or shower)
- Thongs (if you want to wear in the shower)
- Battery operated candles/fairy lights (for a relaxed room)

- Camera
- Toiletries
- Pregnancy safe oils – for diffusing in the room or massage (ask Birth Doula)
- Massage tools
- Your own pillow (or something comfortable/comforting from home)
- Affirmation cards
- Anything you want to use to set up your birthing space (photos, something special from home) etc.
- Clothes you feel comfortable labouring in and that are easy to take off
- Clothes to change into after birth (dark coloured, loose pants and undies)
- Slippers
- Face washer
- Hot packs – pain relief on back / stomach (from chemist)

# Postnatal Items

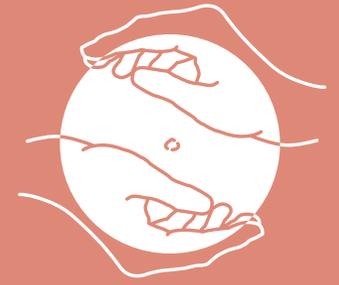


- Undies you may be happy to dispose of later
- High waisted undies can be more comfortable (especially after caesarean birth)
- Thick incontinence pads for adults (a few packs)
- Clothes 2-3 days worth. Comfortable and loose
- Breastfeeding friendly tops and maternity bras (wireless/stretchy bras)
- Pj's
- Socks
- Slippers
- Pair of shoes
- Toiletries
- Snacks

- Water – stay hydrated for your first bowel movement. You may also like to seek natural stool softeners (prune or pear juice)
- If you have haemorrhoids, pack haemorrhoid cream
- Soft breast pads – material ones are often softer on nipples
- Spray bottle of water to help clean vagina after going to the toilet, or you may like to buy safe wipes to use after going to the toilet (particularly if you have stitches)
- Hot & cold packs (cold for breasts after a feed if they are feeling engorged, and hot before bed feeds to encourage a let-down for bub). Cold packs can also be great for your perineum and warm packs for after pains

Tip – In large zip lock bag/plastic bag have everything you need for your first shower post birth, and the clothes you are going to wear after your shower. (Example: large comfortable undies, or large pad or incontinence nappies. Comfortable, loose, dark, coloured pants or shorts. A maternity singlet or top and a comfortable jumper/cardigan. Toiletries, such as, toothbrush, toothpaste, shampoo & conditioner, body wash & deodorant)

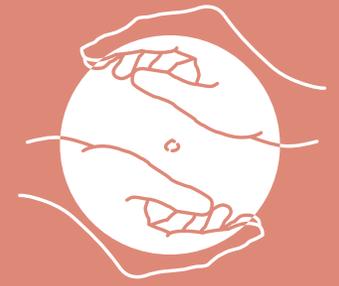
# Baby Items



- Clothing – items that are not too cold & not too hot. Layers are helpful so you can adjust bubs temperature
- 3-5 outfits (consider long sleeve onesies)
- Nappies & wipes (at least 10 nappies)
- Swaddles
- Socks
- Singlets
- Beanie
- If you're planning on formula feeding, bring in chosen formula, bottles & sanitising equipment
- Refresh yourself on safe sleeping for babies (red nose website or NSW health website)

Extra items:

# Partner's Items



- Clothes for 2 days (can always go back and get more if needed)
- Jumper
- Clothes to get into bath/shower (if desired)
- Undies
- Phone Charger
- Camera (if desired)
- Toiletries
- Snacks

Extra items:

# Extra Items:

