

## What do I bring to hospital?

### **For mother:**

- Nightie or shirt for use in birthing suite
- Comfortable clothing for day
- Nightgown or pyjamas
- Slippers
- Maternity bra and breastfeeding pads
- Super Maternity pads (3 packs). Non-perfumed, non-coloured (please note that the hospital does not supply sanitary pads to patients)
- Toiletries, including soap, shampoo and deodorant
- Tissues
- Pen
- Special dietary or favoured foods can be stored in the patient fridge

### **For baby:**

- Baby clothes (grow suits are ideal), enough for 3-5 days
- Baby singlets (3-5 days)
- Baby beanie/hat
- Baby wraps/rugs (5-6)
- Bibs/feeders
- Booties/socks
- Baby Bath lotion
- Disposable nappies (please note that the hospital does not provide baby nappies)

**At Northern Health, we support exclusive breastfeeding for all term, healthy babies. If you intend to formula feed your baby, you are required to please bring in your own formula and sterilised teats and bottles.**