

RESOURCES · PACK BY 34 TO 36 WEEKS

What to pack in your hospital bag

For you, not just the baby. Australian maternity wards are set up for the birth; supplies for the hours and days after are limited. Tick as you pack, and check your own hospital's list for anything specific to them.

LABOUR ESSENTIALS

- ☐ **Your own labour gown**
Snap closures for monitoring access and skin-to-skin. The hospital gown opens at the back.
- ☐ **Grip socks**
For walking the halls during early labour. Hospital floors are cold and slippery.
- ☐ **Lip balm**
Labour is long and breathing through contractions is drying.
- ☐ **Snacks and drinks for you and your support person**
Electrolyte drinks, muesli bars, fruit.
- ☐ **Phone charger and portable battery**
You will not have a power point at the right moment.
- ☐ **Medicare card and health fund details**
Required for admission. Keep at the top of the bag.
- ☐ **Birth preferences document**
If you have one prepared.
- ☐ **Your own pillow**
Use a distinctive pillowcase.

POSTPARTUM ESSENTIALS

- ☐ **Peri bottle**
Rinse instead of wipe after every toilet visit.
- ☐ **Instant ice pads**
Cooling comfort for postpartum care. No freezer needed.
- ☐ **Disposable underwear**
Boyshort for vaginal birth. High-waist for c-section.
- ☐ **Witch hazel cooling pad liners**
Layer on any pad. Replace at every pad change.
- ☐ **Perineal foam**
Applied to the liner rather than the pad.
- ☐ **Thick maternity pads, 10 to 12 minimum**
The hospital provides a couple. Not enough.
- ☐ **Toiletries and skincare**
Using the shower matters for how you feel.
- ☐ **Comfortable going-home outfit**
Loose, soft, high-waisted after a c-section.

IF YOU ARE HAVING A C-SECTION

- ☐ **High-waist underwear**
Standard underwear sits on the incision. High-waist sits above it.
- ☐ **Loose, high-waisted clothing**
Everything needs to clear the incision for 2 to 4 weeks.
- ☐ **A firm pillow for your abdomen**
Hold against the tummy when moving, coughing or sneezing.
- ☐ **Stool softener, ask your GP**
Constipation is common after surgery.

FOR YOUR SUPPORT PERSON

- ☐ **Snacks and drinks for themselves**
Enough for a full day.
- ☐ **Phone charger**
They will be there a long time.
- ☐ **Change of clothes**
Labour can be longer than expected.
- ☐ **Something to do during early labour**
A book, podcast or downloaded show.
- ☐ **Coins for the vending machine**
It will be 2am.
- ☐ **A clear briefing from you**
Who makes the calls after birth, your preferences, what you do and do not want in the room.

THE POSTPARTUM ESSENTIALS, IN ONE ORDER

The Frida Mom Hospital Labour & Delivery Kit covers the gown, socks, peri bottle, ice pads, disposable underwear, cooling liners, perineal foam and caddy on this list. Free shipping over \$60, dispatched from Melbourne. fridaaustralia.com.au/products/frida-mom-hospital-labor-delivery-kit