

Some ideas of what to bring to Hospital

For You

Suggestions for Labour

- Support person/people/whānau
- Lip balm
- Light reading matter
- Complementary remedies such as a TENS machine, aromatherapy oils and diffuser, or massage oils
- Food or drink for support person, energy snacks and drinks for you
- Glucose Tablets or Honey
- Music of choice on your own device
- Toiletries
- Swimwear for birth pool/shower

We recommend you leave your valuables at home

For your ongoing stay in hospital

Remember that for breastfeeding, it is helpful to have clothes that open down the front or separate at the waist.

Clothing

- Your own day wear; summer wear as the hospital is warm
- A supportive breastfeeding bra is essential
- You may wish to bring breast pads
- Jandals (for wearing in the showers)
- Comfortable shoes
- Nightwear - nighties or pyjamas, lavalava, dressing gown

Optional

- Pen (For completing baby's feed chart)
- Your own mug or cup. Tea and Milo is provided
- Your own pillow and cover
- Usual medications
- Travelling rug or blanket

Free wifi is available

For Baby

We provide nappies during your stay, but please bring your own baby clothes such as hat, singlet, cardigan, booties (**all woollen**), a gown or all-in-one and **woollen** blanket.

To take baby home

Appropriate clothing for the time of year including:

- A woollen hat
- Warm shawl or woollen blanket

Car seat appropriate for your newborn baby is always required.