

Things to pack in your hospital bag

For your birth

- Your hand held pregnancy record!
 - Birth plan.
 - T-shirt/nighty or clothing comfortable to labour in.
 - Socks.
 - Massage oil, moisturiser.
 - Lip balm.
 - Snacks and lollies.
 - Camera.
 - Toiletries, brush, toothpaste shampoo, soap etc.
 - Water spray bottle, helpful in labour to cool you down.
 - Music - RGH has iPod stations in all birth suites.
 - Underwear - go for dark colours and comfy, not little hipsters or G strings
 - 3 packets of maternity sanitary pads.
 - Hair bands
 - Swimmers, if you want to use the bath or shower in first stage.
 - List of phone contacts to inform after birth.
 - Your mobile phone.
- DON'T FORGET YOUR BIRTHING BUDDY!**

What Rockingham Maternity supply

- The Midwife
- Linen, towels and facewashers.
- Pillows.
- Cloth nappies, t-shirts, wraps and cot linen.
- Heat packs.
- Ice packs.
- TENS machine.
- iPod docking stations in birth suites.

After the birth - For mum

- Comfortable clothes or nightwear, open at the front for Breast feeding.
- Comfortable underwear.
- Maternity bras 2-3.
- 1 packet of breast pads.
- Books/magazines.
- Pen and paper (always handy).
- Phone charger.
- You can bring your own pillow.
- Money for TV and snacks from the trolley.
- Toiletries.
- Your mobile, be considerate if you are in a shared room.
- Your sense of humour and patience.

For baby

- Nappies if you choose to use disposable.
- You can bring your own baby clothes and wraps.
- Toiletries or oils, if you wish to use.
- Going home outfit.
- Wrap to take baby home.
- If you are planning to formula feed you need to bring your own formula.