

## Essential Checklist for Your Hospital or Birthing Centre Visit



If you're heading to a hospital or birthing center for your delivery, it's helpful to have a checklist to ensure you bring everything you might need. Here's a comprehensive guide to help you prepare:

### Paperwork

- Medicare card
- Hospital paperwork
- Antenatal card
- Birth plan \ (if you have one)
- Insurance details \ (if applicable)

### General Items

- Music
- Camera
- Phone
- iPad/tablet
- Chargers
- Books and magazines
- Snacks and drinks

Cash  
Headphones  
Eye mask and earplugs

### **For Mum**

Going home clothes  
Old t-shirt for labour  
Loose, comfortable clothing  
Supportive maternity bras  
Slippers and thongs  
Socks  
Sleepwear  
Dressing gown  
Warm jumper or cardigan  
Cheap or disposable underwear  
Maternity sanitary pads  
Button-up shirt for breastfeeding  
Breastfeeding pads  
Hairband and hairbrush  
Massage cream or oil  
Lip balm  
Makeup \ (if desired)\  
Shower essentials: Toothbrush, toothpaste, glasses/contact lenses

### **For Partner**

Change of clothes  
Swimwear \ (if planning for water birth)\  
Toiletries  
Pillow

### **For Baby**

Nappies \ (8-10 per day)\  
Baby blanket  
Baby wipes  
Baby clothes \ (onesies, hats, booties, socks)\

## **Tools And Assistance**

**Pregnancy & Birth Apps:** Use apps to track your pregnancy, contractions, and labor progress. Apps like "What to Expect" and "BabyCenter" can keep you informed and organized.

**Hospital/Birthing Centre Contact:** Save the contact information of your hospital or birthing centre for quick access. Many facilities offer apps or patient portals with real-time information.

**Car Seat Installation Guide:** Make sure your baby's car seat is correctly installed. Websites like the "National Highway Traffic Safety Administration" (NHTSA) offer step-by-step guides for proper installation.

**Meal Prep & Snacks Planner:** Use apps like "Mealime" or "Yummly" to plan and prepare nutritious meals for after delivery, or organize easy-to-carry snacks for your hospital bag.

**Sleep Aid:** If you're anxious about the birth process, apps like "Calm" or "Headspace" can help with relaxation techniques and sleep aids leading up to the big day.

**To-Do List Manager:** Use apps like "Todoist" or "Google Keep" to keep track of your hospital checklist and other preparations in one place.