* Infant car seat: you won’t be able to leave the hospital by car without one
* 5 suits and singlets for baby to wear while you’re in hospital
* A special outfit for the trip home: all in stretchy outfits are easiest
* Nappies and wipes
* Baby blanket: take something warm if the weather is cold
* Socks or booties and mittens

**335 Hannan Street**

**Kalgoorlie WA 6430**

**Phone: (08) 9021 3988**

**www.plazamedicalkalgoorlie.com.au**

* Hat/Beanie
* Muslin wraps









**You’re on the home stretch. Now it’s time to prepare for the big day with all the essentials you’ll need for labour and after your baby is born.**

Be aware that the hospital can be short on space so you may only have a small cabinet by your bed to store your personal belongings.

You may like to consider packing two bags; one for the labour ward and delivery, and another for your stay on the ward.

* Your pregnancy card and birth plan
* A loose fitting, comfortable nightie or t-shirt to wear in labour, slippers/socks and a lightweight dressing gown
* A change of clothes
* Massage oil or lotion
* Lip balm
* A snack and something to drink
* Something light that may help you to relax and pass the time; books, magazines, card games etc.
* A hair tie
* TENS machine if you chose to use one
* Music to Listen to
* Pen and paper
* Board shorts and an extra shirt
* A plastic bag for wet/soiled items
* Comfortable shoes
* A watch
* Digital camera or video camera
* Mobile phone, charger and contact list to share your news.



* Comfy maternity clothes. Something that opens in the front is useful in the early days of breastfeeding.
* Comfy bras and undies: 2 or 3 nursing bras or singlets. You may also need more undies than you expect.
* Disposable breast pads.
* Maternity sanitary pads: bring a couple of packs.
* Toiletries: all of those you would normally pack for a holiday (your favourite brand of soap, hair care, toothbrush/toothpaste, moisturiser, deodorant etc.)