



HOSPITAL BAG

For Mum

1. Antenatal/Hospital Card.
2. Books/Magazines.
3. Breast Pads (disposable or washable).
4. Chocolate and other favourite snacks (for afterwards; you'll be starving).
5. Comfortable change of clothes and underwear.
6. Comfortable Shoes/Thongs/Slippers.
7. Dressing Gown and/or pyjamas suitable for breastfeeding.
8. Earplugs – hospitals are usually very noisy.
9. Energy drinks.
10. Massage Oil.
11. Heat Pack.
12. Maternity Bra.
13. Maternity Pads.
14. Medicare and/or Health Insurance Card.
15. Music (with birth playlist) & Charger.
16. Old large, loose t-shirt or nightie to wear during labour.
17. Perineal Ice Packs (or the midwife can make ice packs for you there).
18. Phone Charger with long cord.
19. Soft Toilet Roll/Flushable Wipes (1-ply hospital toilet roll isn't usually the best).
20. TENS Machine (rent one online or from a chemist).
21. Toiletries Bag - Face Wipes, Tissues, Hand Cream, Water Spray, Hair Brush & Hair Elastics, Dry Shampoo, Makeup, Toothbrush & Toothpaste, Shower Gel, Moisturiser, Lip Balm, Nipple Cream, Vitamins and Medications, Deodorant, Towel & Face Cloth, Panadol & Medication.
22. Towel – large soft one, as hospital ones are usually tiny.

For Dad

23. Board shorts for massaging mum in the shower.
24. Camera.
25. Change for parking and vending machines.
26. Change of clothes.
27. Jumper/jacket/hoodie (as delivery ward & birth centre are air-conditioned).
28. Phone Charger & Phone.
29. Pillow.
30. Snacks and packaged drinks – they'll need to keep their energy up.
31. Towels for car (in case water breaks).

For Baby

32. Baby clothes – socks, onesies, hat/beanie (depending on time of year), wraps, going home outfit. RPA Hospital recommends you take 4 changes of clothes including a wrap.
33. Blanket.
34. Bottle (if you don't want to, or are unable to, breastfeed).
35. Car seat/capsule (unless you are planning to book a taxi home, with a baby capsule).
36. Dummy/pacifier (just in case).
37. Nappy cream (e.g. Sudocrem).
38. Newborn nappies (up to 12 per day!) and baby wipes. Your hospital may provide a few, but probably not enough. RPA Hospital recommends you take 1 packet.



FOR THE BABY

Essentials

39. Baby Carrier. Even if you have a pram, these are great as they allow you to have two hands free, whilst snuggling the baby. Most carriers come with an optional insert for newborns. Many mums recommend Ego Carriers as they the distance, but a body sling is a similar option.
40. Baby Monitor – with or without video?
41. Bouncer/rocker/baby swing/baby gym and/or playmat. They are all a great way to entertain your child, whilst you do a few crucial chores (e.g. – eat, have a shower, finish the cuppa tea you made 5 hours ago). Not technically essential, but they could save your sanity!
42. Breast Pump – electric or manual? Single or double?
43. Car Seat to bring your baby home is the number one essential item – do you want one which can attach to your pram, so you can (theoretically) transfer a sleeping baby from a car to their cot and vice versa? Either way, make sure it meets current Australian safety standards of course. Some car seats convert from rear-facing baby seat to child seat then booster seat.
44. Chest of Drawers with a change pad on top (e.g. - <http://www.leander.com/nursing/changing-matty>) or a change table with a mat. And change mat covers. Or you could use your bed/floor.
45. Cot and Mattress, including sheets and waterproof mattress protectors.
46. Muslin Wraps/Swaddles are perfect to wrap your baby in the first few months, so they feel secure (the same way they did whilst in the womb). They are designed to keep the baby safe, not warm, so choose a lightweight breathable fabric. They are also useful as a buggy or cot sunshade, as a lightweight breastfeeding cover and as a changing table cover.
47. Newborn Nappies - cloth or disposable? Or in between (they combine a disposable or washable nappy liner with a shell made from soft cotton or bamboo and a pretty cover). Huggies don't leak and have a colour strip so you can see how much the baby has peed.
48. Pram. Choosing a pram can, at first glance, be more overwhelming than choosing a new car. But important features to consider include: with or without parent facing option (the latter is said to promote child-parent interaction and language development, for toddlers as well as babies); the option to add a seat for second child later; lies flat for newborns; lightweight and size of wheels for different terrain. Some prams come with useful accessories (e.g. cup holder, rain cover and UV cover, bassinet & bassinet mattress protector), whereas with others you will need to buy them as extra if you decide you need them.

Clothes

49. Cardigans/Jackets.
50. Cloth Nappies (they have so many uses, even if you don't use them for nappies, such as cleaning up vomit, burping, spills etc).
51. Cute outfits for special occasions.
52. Hat for summer and beanie for winter.
53. Mittens.
54. Nappy Liners.
55. Onesies are great as they provide an instant outfit. They are much better than singlets, as the latter will ride up. Some mums rave about Bonds Zippy Wondersuits, whereas others say they are overpriced and prefer onsies with zips from M&S and Target. Zips are the crucial part, as they are much easier to get on and off than press studs. If you live in Sydney, there is a Bonds outlet shop in Sydenham. NB - Bonds run big and Target run small.
56. Sleepsuits/Growsuits (e.g. including Love to Dream Zip Ups).
57. Socks/Booties.
58. Swimsuit/Swim Nappies.

Feeding

59. Baby Bottles (more if you're solely bottle feeding). There are Newborn Starter Kits which often include a few bottles, a bottle brush and pacifier.
60. Baby Formula (have a can on hand even if you are planning to breastfeed, as it can be hard to establish).
61. Bibs & Burp Cloths.
62. Bottle Carrier.
63. Bottle Warmer.
64. Breast Milk Storage Bags.
65. Highchair, including insert for newborn.
66. Milton Tablets and 2-4L container (so you can sterilise other items such as toys).
67. Steriliser – electric or microwave? Crucial if you are going to bottlefeed at all, as babies can't fight off bacteria in their first year.

Nursery

68. Comfortable Chair for breastfeeding.
69. Cuddly Toys/Rattles.
70. Disinfecting Wipes for change mat.
71. Musical Mobile.
72. Nappy Wipes.
73. Night Light - some will tell you the room temperature too.
74. Sleeping Bag.
75. Soothing Music.
76. Tissues.
77. Wardrobe (if you have the room).

Out & About

78. Car Seat Toys.
79. Car Window Shade.
80. Large Baby Bag for outings.
81. Portacot.
82. Portable Changing Kit (Wipes, Tissues, Mat, Cream, Nappies Etc).
83. Pram Blanket.
84. Pram Toys.
85. Rearward Facing Mirror.

Bathing

86. Baby Shampoo and Conditioner.
87. Baby Soap/Body Wash.
88. Bath – insert for your existing bath or one with a stand.
89. Bath Thermometer.
90. Bath Toys.
91. Soft Hooded Towels.
92. Sponge/Face Cloth.

First Aid & Toiletries

90. Baby Brush & Comb.
91. Baby Nail Clippers.
92. Baby Oil/Lotion.
93. Baby Panadol.
94. Cotton Wool Balls.
95. Nappy Cream.
96. Sudocrem or Vaseline for nappy rash.
97. Talc-Free Powder.
98. Teething Gel.
99. Thermometer.



For Mum

100. Baby Book and/or Milestone cards to record those special moments.
101. Breast Pads to stop you leaking.
102. Breastfeeding Tops.
103. Breastfeeding/Sleep Support Pillow.
104. Coffee Machine if you love coffee and don't have one at home already, as popping to the cafe will become much harder with a newborn.
105. Dry Shampoo.
106. Favourite treats as well as healthy snacks that can be eaten with one hand.
107. Hand Sanitiser.
108. Kaz Cooke's book 'Up the Duff: The Real Guide to Pregnancy' is amazing, funny, informative and extremely helpful. There is also an app, but annoyingly it is not available for Android phones yet.
109. Kindle (or the app on your phone) so you can read whilst breastfeeding at night.
110. Lansinoh Nipple Cream.
111. Maternity and nursing bras.
112. Napisan vanish powder and nappy bucket.
113. Netflix and a good internet plan.
114. Nipple Shields if your baby is having persistent latch-on problems. Consult a lactation expert first though.
115. Pants Expander/Belly Band.
116. Pregnancy Journal/App to record milestones and appointments.
117. Pregnancy Support Belt to relieve moderate to bad pregnancy back pain.
118. Sense of Humour. Nobody knows what they are doing the first time and despite all the books, there is not a definitive manual.
119. Sleeping Bras.
120. Stretch Mark Cream.

GENERAL TIPS

121. DON'T be overwhelmed! Most of the above items are not needed straight away. The shops aren't going anywhere and online shopping is amazing. Aside from the essentials, you can buy items after the baby is born if you realise you need it or it will at least make life easier.
122. DON'T buy too many newborn/0000 size clothes, as they grow out of them so quickly.
123. DON'T buy anything fancy, as they baby will probably vomit/wee/poo on them.
124. DON'T write a Birth Plan – the doctors, nurses and midwives know what they are doing, but they won't do anything without your permission anyway. And most items on a Birth Plan happen anyway (e.g. partner cutting the umbilical cord and holding your baby straight after birth).
125. DO check local buy swap sell groups on Facebook, which are great for second hand items (I wouldn't buy a second-hand car seat though, as safety laws have changed over the years).
126. DO use hire companies such as Kinder Share, Hire For Baby and Tiny Tots Toy Hire. They are particularly great for expensive items which you don't need for long or if you are flying interstate and don't want to take everything with you.
127. DON'T buy too much before your baby shower (if you are having one), as you'll be surprised how much you'll get as gifts.
128. DON'T compete with other mums and try to keep up with the Joneses'. Every baby is different, and they certainly don't care what the brand is.
129. DO buy clothes and bedding that are 100% cotton or bamboo, so your baby doesn't sweat.
130. DO splurge on good quality for the Essentials. Target, Kmart and Facebook Marketplace are your new best friend for pretty much everything else.