

# The Women's Wellness Centre

## Items To Bring Into Hospital

### Mother

- An old T-shirt or loose top to wear during labour
- Several pairs of pants (disposable)
- Sanitary pads
- Night dresses or pyjamas with front opening
- Dressing gown and slippers
- Aromatherapy oil burner (electrical) for creating a relaxing environment
- Shower hat, hair brush etc.
- Boiled sweets to suck – for extra energy
- Massage oils (aromatherapy oils such as lavender)
- Face cloth – for attending to forehead
- Warm socks – feet can become cold during labour
- Breast pads, maternity bra
- Cotton wool balls

### Baby

- Baby grow/nightgown x 4
- Vests x 4
- Hat
- Mits
- Shawl
- Towel
- New Born Nappies
- If planning to bottle feed – bottles, teats, milk and sterilising equipment
- Car seat for travelling home