

WHAT TO BRING TO THE BIRTHING CENTRE

Suggestions for mothers

- Medicare Card, private insurance card if you have one
- Hospital card
- Birthing plan
- Vaccination book
- Pen and paper
- Comfortable clothing for labour and delivery
- Comfortable clothing for day and night
- Slippers and warm socks
- Extra change of underwear
- 1 or 2 breastfeeding bras
- Clothes for your return home
- Heavy flow sanitary napkins
- Personal toiletry
- Snacks
- Items to increase comfort (pillow, music, book or something to read)
- Lip balm
- Your medication if you take any

Suggestions for the accompanying person

- Clothes and comfortable shoes
 - Snacks and something to drink
 - Camera
 - Personal toiletry
 - Bathing suit (in case you wish to enter the whirlpool with your partner during labour)
- If he/she wishes to sleep at the birthing center:
- Pillow
 - Night clothes
 - Change of clothes

Suggestions for the babies

- Diapers
- Pyjamas
- One-sies
- Blanket
- Clothes for leaving the hospital (adapted to the season)
- Appropriate car seat (is mandatory to return home)
- Baby milk formula and bottle if not breastfeeding.