

What To Pack



Essential:

Waterbottle

Phone and chargers

Clothes to labour in, including something for the pool

Comfy clothes for the day x3

PJ's x3

Comfy knickers x6

Breastfeeding bra's x3 and or breastfeeding tops/singlets x2 (If applicable)

Something warm

Toiletries

Any medications you might be on

Partner or support person:

Snacks for labour

Clothes for the pool

Changes of clothes for x2 nights stay at Waterford

PJ's

Toiletries

Peepi:

3x cotton or merino wraps or sleep sacks

3x cotton singlets that dome up over nappy size 0000 or 000

2x woollen singlets size 0000

4x all in one suits (onesies) size 0000 or 000

2x Socks and booties

2x woollen potai

Cardigan

Warm blanket

Capsule/carseat

Optional:

Snacks and drinks (electrolytes are good)

Music – we have bluetooth speakers in birth rooms

Wheat pack

Massage oil

Feeding pillow

We Provide:

Nappies

Wipes

Change mats for peepi

Maternity pads

Hairdryer

Wifi