

# Things to bring into hospital

The Royal Women's Hospital Fact Sheet / [www.thewomens.org.au](http://www.thewomens.org.au)



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This list is for women who are coming to the Royal Women's Hospital to have their baby.

## For labour

- Camera
- Own pillow (labelled) if desired
- Clothes for labour – old t-shirt, warm socks, old knickers and tracksuit for afterwards
- Oil, talc or lotion for massage
- Spray bottle (non aerosol) for cooling
- Gel heat pack
- Tissues
- Toiletries – soap, shampoo, tooth paste, tooth brush
- Food, such as barley sugar, jelly beans, fruit bars
- Thongs or slippers
- Lip cream for dry lips.

## Support person

- Bathers and towel for bath and shower
- Coins for phone/parking meter
- Food – snacks, juice, special teas, celebratory drinks if desired.

## Mother and baby

- Comfortable clothing, shoes (for daytime)
- Nightwear – dressing gown, slippers (footwear MUST be worn at all times)
- Nursing bras and nursing pads
- Extra underwear
- Maternity pads (3pkts)
- Baby clothes and blankets to take baby home in
- Infant car restraint (for day of discharge)
- Cotton balls or baby wipes
- Disposable newborn nappies (pkt of 32)
- If you prefer, you can use your own baby clothes in hospital
- If you are planning to use artificial formula to feed your baby, please bring the formula of your choice, either a can or sachets
- Please leave jewellery, credit cards and other valuables at home.

Do not bring in large amounts of cash.

Do not use mobile phones in the Birth Centre as it interferes with medical equipment.

## Visiting hours

Visiting hours are between 2.30pm to 8pm.  
Partners can visit between 8am and 8.30pm.

For more information see the Patients and Visitors section on our website – [www.thewomens.org.au/PatientsandVisitors](http://www.thewomens.org.au/PatientsandVisitors).

The Royal Women's Hospital is a smoke free environment.

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