

PIL – What to take to the Birthing Unit

Mother

- Water bottle
- Comfortable clothes
- Nightgown
- A large t-shirt or sarong or dressing gown
- Slippers or comfortable shoes
- Toiletries – soap, shampoo, toothbrush, toothpaste etc.
- Your own medications that you may be on

Baby

- Clothes for baby to go home in
- Disposable nappies
- Warm wrap in winter
- Shawl or cuddly rug for baby
- Baby car seat

Partner

- Snacks
- Camera
- Phone
- Music
- Wallet – pay parking

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