

# Some ideas of what to bring to Hospital

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**Tena koutou katoa, Kia orana, Talofa lava, Malo e lelei, Fakaalofa lahi  
atu, Taloha Ni, Ni Sa Bula Vinaka,  
Greetings and Welcome to National Women's**

## **For you**

### **Suggestions for Labour:**

- You are welcome to bring a support person/people of your choice
- Lip Balm
- Massage Oil
- Warm socks
- Own Pillow
- Light Reading Matter
- Food or drink for support person, energy snacks and drinks for you
- Glucose Tablets or Honey
- Pad and Pen – Partner can note length and time of contractions and notes for labour report
- Travelling Rug or Blanket
- Music of choice / MP3 player
- All important camera
- Wheat bag for comfort
- Toiletries
- Card phones are available, card required.

***We recommend you leave your valuables at home***

### **For your ongoing stay in hospital:**

- Day or night wear: you may feel more comfortable in your own day clothes or night wear.
- Remember that you will be breast feeding so clothes that open down the front or separate at the waist are recommended.
- A supportive breast feeding bra is also essential and appropriate.

**Day Wear:**

- Shirt and trousers, skirt or dresses, lava lava, summer wear as hospital is warm.
- Bras and breast pads, panties, jandals (for wearing in the showers).

**Night Wear:**

- Nighties or pyjamas, lava lava, dressing gown.

**Toiletries:**

- Soap & face cloth, toothbrush and toothpaste.
- Shampoo and comb, 3 packets of sanitary pads.

**Additional:**

- Pen (For completing babies feed chart).
- Your own mug or cup. Tea and milo is provided.
- Your own pillow and cover.
- Complementary remedies and usual medications.

**For Baby**

We provide singlets and nappies during your stay, but recommend that you bring woollen hat or bonnet, gown or all-in-one, booties and jackets/cardigans for your baby.

**To take baby home:**

Appropriate clothing for the time of year including:

- A woollen hat.
- Warm shawl or blanket.

**Car seat appropriate for newborn baby is always required.**