

We understand that preparing for the arrival of your baby can feel overwhelming, which is why we've provided a comprehensive checklist to prepare you for your stay with us.

It's advisable to have your hospital bag packed by 36 weeks of pregnancy, in case your baby arrives earlier than expected.

What to bring for you

- Medicare card and any other health care cards (including pension cards)
- Private Health Fund card
- Appropriate method of payment for Health Fund excess and/or co-payment fees Sleepwear, including comfortable nightwear, dressing gown, slippers
- Comfortable daywear
- Maternity bras
- Non-slip footwear
- Toiletries including toothpaste, toothbrush, shampoo, conditioner and personal care items
- Sanitary pads for post-delivery use
- Clothes for baby to wear home (we will provide a singlet and wrap during your hospital stay)
- Current medications (in their original containers)
- Reading materials and/or entertainment devices
- Personal devices and chargers
- Small amount of cash for purchases

Please note

- Kitchen appliances such as coffee machines, rice cookers, and similar items are NOT permitted.
- A small lockable cupboard is provided in each room for your personal use. Burnside Hospital does not accept liability for any lost or damaged personal items or valuables. We recommend clearly labeling your personal belongings.
- On-site laundry services are not available so please bring enough clothing to last your stay.
- Parking is available for your convenience, but we advise reviewing the hospital's parking information in advance.

What to bring for baby

Burnside Hospital will provide a starter pack of newborn nappies to help you get started on your first day after delivery. For the remainder of your stay, please bring a supply of nappies.

While the hospital provides a limited range of clothing for newborns, we encourage you to bring your baby's own clothes for added comfort, including:

- Baby booties
- Cotton mittens
- Soft baby clothes eg onesies, socks, and hats

For the trip home, please ensure your baby's car seat is properly fitted as this is a hospital requirement before you can leave.

Please note

- If your baby requires additional supplies or clothing during your stay, there are nearby stores located on The Parade, Norwood and at Burnside Village.
- Your baby will receive a singlet and wrap while in the hospital, but having your baby's own items can help provide a sense of comfort and personal care.

Additional Information



- We aim to provide a comfortable and supportive environment for both you and your baby, so if you have any special requests or need assistance during your stay, please don't hesitate to reach out to our team.
- We also recommend reviewing your birth plan with your healthcare team during your antenatal visits to help us meet your preferences and needs.

If you have any questions please contact us or speak with one of our maternity team members during your next visit.



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