

Packing checklist

WHAT TO BRING FOR YOUR HOSPITAL STAY & DELIVERY

Every hospital is different and will provide different resources in the labour and delivery unit. Ask your health care provider for a hospital-specific packing list as needed.

For Birthing Parent

- ☐ **Identification and Health Card (MOST IMPORTANT)**
- ☐ Labour support items (e.g. massage tools, physical therapy ball, hot/cold packs, pictures or object for focal point, music, perineal bottle, earplugs)
- ☐ Comforter/pillows (if want personal items rather than hospital items)
- ☐ Comfortable clothing or PJs for 1-3 days
- ☐ Nursing bra and breast pads
- ☐ High-waisted underwear (or disposable diapers)
- ☐ Comfortable shoes or slippers (e.g., flip flops)
- ☐ Toiletries (e.g., toothbrush, toothpaste, soap, shampoo/conditioner, hair brush, hair elastics, lip balm, towel)
- ☐ Glasses and contact lens care items (if needed)
- ☐ Fan (hand held or battery-operated)
- ☐ Sanitary napkins
- ☐ Towel

For Baby

- ☐ Car seat
- ☐ Receiving blankets
- ☐ Clothing (e.g., 'onesies', sleepers, socks, outerwear, hat)
- ☐ Diapers
- ☐ Baby wipes
- ☐ Petroleum jelly/Vaseline

Miscellaneous

- ☐ Camera
- ☐ Phones, laptops, iPads
- ☐ Chargers for electronics
- ☐ Headphones
- ☐ Books or magazines
- ☐ Pen and paper
- ☐ Snacks and drinks (bring your favourites)
- ☐ Change for vending machines

For Partner

- ☐ Comfortable clothing and PJs
- ☐ Comfortable shoes or slippers
- ☐ Toiletries
- ☐ An extra pillow and blanket
- ☐ Any medication you may need
- ☐ List of people to notify

Notes:
