



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	For Baby
Identification and Health Card (MOST IMPORTANT) Labour support items (e.g. massage tools, physica 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	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	lotes:

This material is intended for use by Canadian residents only. It is solely intended for informational and educational purposes. The information presented in these handouts is not to be used as a substitute for medical advice, independent judgement, or proper clinical assessment by a physician. The context of each case and individual needs differ between patients and this material cannot be applied without consultation with a trained doctor. This information handout is not intended for the diagnosis of health concerns or to take the place of the care of a medical professional. This material reflects the information Zhou GX, Roberts, F, Shah N, Clarfield L, Aqib A, Shirreff L available at the time of preparation.