



What to Pack for the Hospital

For You

- Health card
- Insurance coverage information
- Home medications (pill bottles/pharmacy list)
- Underwear (2 or 3 pairs of cotton panties are best)
- Bra (nursing bra and nursing pads if you are breastfeeding)
- Toiletries (toothbrush, hairbrush, hair elastics, deodorant, soap, shampoo)
- Sanitary pads without dry weave mesh (**no tampons**)
- Nightgown, housecoat and slippers
- Chapstick or lip balm
- Loose fitting clothes for the trip home
- Pen and paper
- Pillow
- Reusable water container
- If a support person is staying with you in hospital, please bring extra toiletries and another pillow and blanket
- Snack food for you and your support person

For Your Baby

- T-shirts
- Sleepers
- Diapers
- Baby wipes
- Socks/booties
- Hat
- Sweater
- Light receiving blanket
- Car seat (only on the day you are taking your baby home). Please have your car seat installed and know how to use it.

