



Suggested Items to Bring to the Hospital

BIRTHING PARENT/MOM

- Basic toiletries — soap, shampoo, toothbrush/toothpaste
- Home Medications (Including Prenatal Vitamins/Prescription medications)
- Change for snacks (vending machines available)
- Snacks for you and your partner
- A cooler to keep food items cold (we can provide you with ice)
- Comfortable clothing (t-shirts, tank tops, loose pajama pants, nighties, robe, etc.)
- Sandals or slippers
- Underwear (4-5 pairs)
- Nursing Bra
- Nipple Cream or Ointments
- Labour items: music playlist, books, massagers, etc.
- Cellphone, tablets or chargers
- Breast Pump (not required but may be useful in some situations)

BABY

- Diapers (approximately 20 disposable newborn size)
- Baby wipes
- Pre-mixed Formula (if you plan on exclusively formula feeding) and feeding supplies
- “Going Home” Outfit for baby
- Receiving blanket for car seat
- Mitts, hats or booties
- Vaseline or diaper cream
- Car seat (CSA certified)
- Vitamin D Drops (if exclusively breastfeeding)

PARTNER/SUPPORT PERSON

- Change for parking (\$3/per exit)
- Comfortable clothes (loungewear/pajamas)
- Sandals or slippers
- Toiletries
- Camera
- Snacks and drinks
- Pillow



To help make your stay comfortable, the hospital provides the following items for Mom and Baby.

BIRTHING PARENT/MOM	BABY
<ul style="list-style-type: none">● Hospital gown● Birthing ball● 2 pairs of mesh underwear● Thick sanitary pads● Peri bottle● Frozen pads (after care)	<ul style="list-style-type: none">● 5 Newborn diapers● Receiving blankets● Knitted hat● Baby shampoo● Facecloths (diaper care)