Packing for the Hospital

Have your things ready before you go into labour.

Pack a small bag; you may be in hospital for only 24 to 36 hours and personal storage space is limited.

Place the things you will need for labour at the top of your bag or in a separate bag. If you are planning a home birth, your midwife will give you a list of the supplies you will need to prepare.

Here are some ideas of what to take to the hospital:

- Labour Kit
- Baby things
- Personal Items
- Snacks/Drinks
- Things for your partner

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Labour Kit:

- ☐ Hospital Paperwork
- ☐ Birth Wishes List
- ☐ Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care
- ☐ Lip balm or lip gloss
- ☐ Massage oil or talcum powder
- ☐ Snacks and drinks for you
- ☐ Camera, extra batteries, charger, memory card
- ☐ Music player (with headphones)
- ☐ A picture or something you find pleasant to look at
- ☐ List of friend's and family's telephone numbers
- ☐ Slippers
- ☐ Hair tie/band
- ☐ Other toiletries
- ☐ Coins for phone calls, parking, snacks (cell phones may not be permitted)
- ☐ Exercise ball (for sitting on)

For your Partner:

- ☐ Sleeping bag or bedding and pillows (hospitals usually only supply the sleeping mat)
- ☐ Sweat pants and top suitable for sleeping
- ☐ Snacks/Drinks
- ☐ Toiletries
- ☐ Change of clothes
- ☐ Swimsuit, so they can get in the shower or tub with you
- ☐ Comfortable shoes

After Labour:

To be brought in after the baby is born. (Note: your clothes should be loose fitting and comfortable).

- ☐ Washable dressing gown (front opening for breastfeeding)
- ☐ Two or three nightgowns or pairs of pyjamas (front-opening for breastfeeding)
- ☐ Nursing bras and breast pads
- ☐ At least three pairs of underwear
- ☐ Socks
- ☐ Comfy slippers
- ☐ Large sanitary pads
- ☐ Clothes to wear home
- ☐ Eye mask (if you have trouble sleeping with lights on)
- ☐ Toiletries

For going home:

- ☐ Canadian Motor Vehicle Safety Standards (CMVSS) approved infant seat
- ☐ Undershirt and sleepers
- ☐ Disposable or cloth diapers (newborn size)
- ☐ Sweater, hat and booties
- ☐ Blankets
- ☐ Loose clothing and flat shoes to go home in