

HOSPITAL/BIRTHING CENTRE PACKING LIST

Must-Haves:

- Health card, hospital card (if you have one), hospital forms, if you have them and birth plan
- Cell phone and charger for both you and your partner
- Make sure to wear comfortable, stretchy clothes
- Sports bra, bathing suit top (if you're planning a water birth)
- 1 nursing bra and disposable or reusable nursing pads
- Warm socks and slippers - you may spend some time walking the halls of the hospital or birth centre
- A thick, open-front cardigan - hospitals are cold!
- Toiletries for yourself AND your birth partner - hairbrush, toothpaste, deodorant, face wash, body wash, moisturizer.
- Lip Balm
- Hair elastics or a headband
- Light snacks for the birthing person - things like fruit or dried fruit, nuts, granola bars, coconut water, Emergen-C, Gatorade, etc.
- Bigger snacks for your birth partner - sandwiches, granola bars, etc.
- Warm, non-skid socks or slippers that can get ruined (ideal for walking the halls)
- Small change for vending machines
- Extra clothes for your birth partner - pack a full change of clothes. Babies can be messy!
- Bathing suit and towel for your birth partner, just in case you end up in the shower or birth tub during your labour

Nice to have but not ABSOLUTELY Necessary:

- Extra pillow with a COLOURFUL pillow case. (To distinguish from hospital white pillow cases)
- Comfortable going-home clothes in six-month maternity size and comfortable shoes (your feet may be swollen)
- Bath towel (the hospital will likely supply a small, very thin one)
- 10-12 Depends Underwear or Heavy flow sanitary pads and a few pairs of maternity underwear that can get ruined
- A device loaded with your favourite music
- Bluetooth speaker
- Very small lamp with a dim bulb in case you have the stay the night - hospital lights are bright!
- Ear plugs

What to Bring For Baby:

- Approved car seat
- Baby nail file (some babies are born with really sharp nails!)
- 2-3 sleepers and a coming-home outfit including a few pairs of socks)
- Diapers and wipes - they may not be provided by the hospital
- Receiving blankets or burp cloths
- Warm blanket (for the ride home)
- Outdoor gear like a snowsuit and hat, as seasonally appropriate



WEST END MAMAS