

Baby, it's time! Packing your hospital bag.

For Mom

- HEALTH CARD
- HOSPITAL FORMS (UNLESS PREVIOUSLY SUBMITTED)
- PYJAMAS & ROBE
- SOCKS AND/OR SLIPPERS
- FLIP FLOPS FOR SHOWER
- TOILETRIES
- GLASSES/CONTACTS
- HAIR BRUSH, HAIR TIES, HEADBAND
- COMFORTABLE CLOTHING TO WEAR HOME
- GRANNY PANTIES
- MESH FREE PADS
- TUMS
- MINTS
- CHAPSTICK
- NURSING BRA
- NIPPLE CREAM

For Baby

- CAR SEAT (BASE INSTALLED)
- OUTERWEAR/CAR SEAT COVER
- 3-4 nb SLEEPERS
- NIGHTIE FOR EASY CHANGING
- HAT
- MITTENS
- GOING HOME OUTFIT
- LIGHTWEIGHT BLANKETS
- BURP CLOTH
- WIPES (CLOTH OR DISPOSABLE)
- NEWBORN DIAPERS (DISPOSABLE FOR FIRST FEW DAYS)
- COCONUT OIL FOR FIRST POOP
- DIAPER CREAM

For Partner

- PYJAMAS OR COMFORTABLE CLOTHING
- CHANGE OF CLOTHES
- MONEY FOR PARKING
- CHANGE FOR LATE NIGHT TRIPS TO THE VENDING MACHINE
- CAMERA
- TOILETRIES (ESPECIALLY TOOTHBRUSH AND DEODORANT!)
- LAPTOP AND MOVIES
- CHARGERS/BATTERIES
- PORTABLE SPEAKER
- SNACKS
- ITEMS TO KEEP MOM COMFORTABLE (MASSAGE TOOLS, REBOZO, HEATING PACK)

Other Things to Consider...

- Consider bringing pillows and a blanket from home. The familiar scents and comfort of home will create a calm environment. And, extra pillows are hard to come by!
- If you have a pet, you may want to bring an extra baby blanket. You can wrap the baby in this for a short time, and then have someone bring the blanket home to your pet before you bring baby home.
- If you have older siblings who will be coming to visit. consider packing a small "Big Sister/Brother" gift for them.
- Most hospitals allow you to store food in the refrigerator. Pack lots of healthy snacks and clear fluids, to keep your energy up in early labour and postpartum. The kitchen is not always open!