

# Family Birthing Centre: What to bring to the hospital

## For labour:

- Identification and Health Card
- Lip balm
- Elastic for long hair
- Glasses for people that wear contacts
- Music
- Focus point - photos of family, friends, and pets
- Comforter/pillows (bright colours or patterns)
- Large towel
- Massage lotion/oil (unscented)
- Ice pack, hot water bottle, tennis balls for massaging back pains
- Lollipops or hard candy, popsicles or your favourite clear beverages
- Phone charger

## For your partner:

- Change for vending machines
- Food or drinks
- Comfortable clothing and PJs
- Slippers or comfortable shoes to wear
- Toothbrush and toothpaste
- Deodorant
- An extra pillow and blanket
- Camera
- Any medication you may need
- List of people to notify

## For after the baby

- 1 housecoat
- 1-2 nightgowns, preferably front opening for nursing
- Underwear, bras, socks
- Comfortable clothing
- Comfortable shoes or slippers (non-slip)
- Soap, shampoo, and tissues
- Deodorant
- Toothbrush and toothpaste
- Hair brush
- Hair elastics
- Unscented lotions
- Sanitary pads

## For Baby

- Car Seat
- Undershirts
- Sleepers or nightgown
- Receiving blankets
- Hat

You can purchase a supplies bag at the hospital for \$20 that includes:

- 6 sanitary pads
- 3 blue pads for bed
- 5 paper wipes for baby
- Cleansing bottle
- 6 diapers
- Infant comb