

Please refer to your delivering hospital and/or Healthcare Provider for items specific to their centre. Here is a suggested list of items.

For the Birth

- Provincial Health Card
- Private insurance information (if applicable)
- Toiletries: lip balm, mouthwash, toothpaste, toothbrush, comb, soap, shampoo, lotions
- Slippers & Socks
- Watch, phone & charger, camera
- Pen & paper
- Water bottle & cup
- List of medications you are taking
- Glasses
- Pillow (with a colourful pillow case)
- Snacks / drinks
- Music or massage aids
- Change of clothes for your labour support partner
- Pillow & blanket for support partner
- Cord blood/tissue collection kit (if applicable)

For the New Parent After Birth

- 2-3 nightgowns or pyjamas (front opening for breastfeeding ideally)
- Housecoat
- Nursing bras, nursing pads
- Tissues
- Package of sanitary maternity pads and absorbent underwear
- Fresh set of clothes to go home in
- Breastfeeding pillow

For Your Baby

- Diapers 5-10/day, newborn or Size 1
- Baby Wipes
- Barrier cream
- Baby wash
- 3-4 baby pyjamas
- Hat and blanket
- Clothing to take your baby home in
- Baby brush/comb
- Approved infant car seat

Please leave all valuables at home.

Remember to have your bag packed by your 36th week of pregnancy. Once you are admitted, your delivering hospital can guide you when you should bring your items up to the floor.