



What Should I Bring With Me?

Labour Items

- Oil or lotion for massage, rolling pin, tennis ball, thermal bags/gel packs
- Music
- Personal focal point e.g. ultrasound picture of baby
- Swim suit for support person
- Snacks for support person
- Hard candy or gum
- Watch or stop watch

For Mom

- | | | |
|---|---|---|
| <input type="checkbox"/> Sleepwear | <input type="checkbox"/> Clothes to wear home | <input type="checkbox"/> Maxi pads heavy/night time flow (no tampons) |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Facial tissue | <input type="checkbox"/> Brush/comb |
| <input type="checkbox"/> Housecoat | <input type="checkbox"/> Toothbrush and paste | <input type="checkbox"/> Blow dryer |
| <input type="checkbox"/> Slippers | <input type="checkbox"/> Soap and shampoo | <input type="checkbox"/> Hair elastic |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Eye glasses/contact lens supplies |
| <input type="checkbox"/> Nursing bra, breast pads | <input type="checkbox"/> Lip balm | |

For Baby

- Sleepers/pajamas for baby
- Newborn hat
- 24-36 diapers
- Petroleum jelly
- Going home clothes for baby
- Car seat already installed

Other Items

- Health card, private health insurance information (if you have coverage)
- Pens/pencils
- Notebook/paper
- Copy of birth plan (optional)
- Phone, phone charger, phone list
- Cash (including change for vending machine, parking, etc.)
- Camera and batteries
- Magazines, books, deck of cards