



What should I bring with me?

Labour Items

- ☐ Comfort tools e.g. oil/lotion for massage, rolling pin, tennis ball, thermal bags/gel packs, TENS
- ☐ Music via phone/blue tooth speaker/headphones
- ☐ Relaxing entertainment e.g. magazines, books, deck of cards, games
- ☐ Personal focal point e.g. ultrasound picture of baby
- ☐ Refillable water bottle, drinks and snacks (include for support people)
- ☐ Hard candy or gum
- ☐ Watch/stopwatch, pen and paper or contraction timing app
- ☐ Swim suit for support person
- ☐ Pillow (optional)
- ☐ Small battery powered fan (optional)

For Mom

- | | | |
|---|---|--|
| <input type="checkbox"/> Sleepwear | <input type="checkbox"/> Nursing bra, breast pads | <input type="checkbox"/> Maxi pads heavy flow (no tampons) |
| <input type="checkbox"/> Underwear/disposable underwear | <input type="checkbox"/> Clothes to wear home | <input type="checkbox"/> Brush/comb |
| <input type="checkbox"/> Housecoat | <input type="checkbox"/> Toothbrush and paste | <input type="checkbox"/> Hair elastic/clips |
| <input type="checkbox"/> Slippers/Flip Flops | <input type="checkbox"/> Soap and shampoo | <input type="checkbox"/> Eye glasses/contact lens supplies |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Eye mask and ear plugs |
| | <input type="checkbox"/> Lip balm | |

For Baby

- | | | |
|---|---|--|
| <input type="checkbox"/> Sleepers | <input type="checkbox"/> Small pack newborn diapers | <input type="checkbox"/> Petroleum jelly |
| <input type="checkbox"/> Newborn hat | <input type="checkbox"/> Small pack baby wipes | <input type="checkbox"/> Receiving blanket |
| <input type="checkbox"/> Clothes to wear home | <input type="checkbox"/> Installed car seat | |

Other Items

- ☐ Health card, private health insurance information (if you have coverage)
- ☐ Medication list with dose and frequency
- ☐ Pens and paper or notes app
- ☐ Phone, phone charging cable with block, phone list
- ☐ Cash (including change for vending machine, parking, etc.)
- ☐ Camera, video camera and batteries (optional)
- ☐ Copy of birth plan (optional)