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

## 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