What to Take to The Hospital

This is not a complete list. You must remember to bring items that will enhance your comfort and relaxation. A good idea too, is to pack three separate bags. One bag for labour which you will bring in with you when you arrive at the hospital. One bag for your stay at the hospital after you birth and one bag for baby. These last two bags can stay in the car so your partner doesn’t have to have their arms full so they can help you as well.

For Labour

* Your health card and hospital paperwork
* Robe, oversized t-shirt, yoga top or swim top
* Slippers, several pairs of socks, many pairs of underwear
* Glasses or contacts
* Unscented massage oil, lotion or talc/cornstarch for massage
* Tennis balls and massagers
* Lip balm
* Hair ties and elastics
* Cell phone and charger
* Phone lists of who to call with announcements
* Pillow, towel, blanket – all coloured so it doesn’t get mixed up with hospital linens
* Heating pad, ice bag
* Overnight sanitary pads
* iPod, speakers, camera
* toiletries
* snacks for you and your partner
* Change of clothes for your partner
* Magazine, deck of cards or tablet with movies
* Your Doula

After Birth

* Comfy sleep wear for in the hospital
* Loose comfortable clothing for going home
* Lots of old or cheaper large pairs of underwear
* Nursing bra and breast pads
* Overnight sanitary pads – lots!
* Ear plugs
* Several sleepers for baby, including hat, blanket and diaper shirts (depending on the time of year)
* Infant car seat (if you are driving home)
* Small package of newborn diapers, wipes and barrier cream
* A Pen!!!