

What to Bring to the Hospital

Checklist

For Mom

- ✚ Your Ontario Health Card and/or documents
- ✚ Pre-admission Form and insurance info
- ✚ Anaesthetic Patient Questionnaire
- ✚ Medications you regularly take
- ✚ A pillow + breastfeeding pillow
- ✚ Birthing plan
- ✚ Cell phone and charger
- ✚ Camera
- ✚ Comfortable clothing for your stay
- ✚ Snacks and drinks (if cold then pack in a cooler)
- ✚ Bra/nursing bra and nursing pads
- ✚ Pump (handheld or electric)
- ✚ Underwear (Depends also work great)
- ✚ Sanitary pads (20 maxi overnights)
- ✚ Toiletries (tooth brush, tooth paste, shampoo, body wash, hair brush, elastics)
- ✚ Glasses and contact lens, if needed
- ✚ Non-slip footwear
- ✚ Pens, pencils and notepad
- ✚ Labour support items (Bluetooth player for music, fan, hot/cold packs, hair comb, TENS)

For Baby

- ✚ Diapers
- ✚ Baby wipes
- ✚ Vaseline
- ✚ Soft nail file
- ✚ Baby hats
- ✚ Baby mittens
- ✚ Sleepers
- ✚ Onesies/undershirts
- ✚ Clothes for going home
- ✚ Socks
- ✚ Receiving blankets
- ✚ CMVSS certified car seat secured in car *Car seat clinics available in the community (websites below)*
- ✚ <https://www.cpsac.org/events/>
- ✚ <https://www.niagararegion.ca/parents/upcoming-car-seat-classes.aspx>

For Partner

- ✚ Change of clothes and comfortable shoes
- ✚ A pillow
- ✚ Wallet
- ✚ Snacks and drinks
- ✚ Toiletries
- ✚ Phone charger