



## What to Pack for a Hospital Birth

### What to pack for labour

- ☺ Clothing you wish to wear in labour (i.e. nightdress or a t-shirt) if you don't wish to wear a hospital gown
- ☺ Snacks and drinks (please do not pack nuts)
- ☺ A headband or elastic
- ☺ Pillows (the hospital may not provide more than one. Be sure to put an old coloured case on so it is not confused with hospital pillow)
- ☺ Socks – your feet might get cold in labour
- ☺ Slippers/Flip-flops – always walk around the hospital with something on, should be washable
- ☺ Robe and or sweater – hospitals can be warm or cool
- ☺ Massage oil or lotion
- ☺ Lip balm
- ☺ Diversions for a long labour e.g. Magazines, tablet, music(set of earphones will help you tune into your body), pictures/word that are uplifting or motivating
- ☺ TENS machine (ask your midwife if one is available from her equipment)
- ☺ Mints (freshen your mouth or the mouth of your support person)
- ☺ Hard candies (alleviate a dry mouth)
- ☺ Electronic devices and chargers
- ☺ Camera

### For after the birth

- ☺ List of people you want to call
- ☺ Change of clothes to wear home
- ☺ Nursing bra
- ☺ Nursing pillow
- ☺ Maxi pads (as wide and long as you can find)
- ☺ Nightshirt (or front opening shirt useful for breastfeeding)
- ☺ Toiletries (hairbrush, toothbrush, toothpaste, deodorant, soap, nipple cream etc.)
- ☺ Old underwear
- ☺ Snacks (not much available in the middle of the night)
- ☺ Nipple Ointment

### For baby

- ☺ Infant car seat that is assembled and meets all current standards (<http://www.mto.gov.on.ca/english/safety/choose-car-seat.shtml>)
- ☺ Sleepers for the hospital and to go home in



- 🍼 Baby blankets
- 🍼 Diapers
- 🍼 Natural oil for diaper changes (makes cleaning off meconium easier)
- 🍼 Wipes/cloths
- 🍼 Socks
- 🍼 Hats

**It may be nice to have some or all of the following, as you wish:**

- 🍼 Homeopathic remedies as prescribed by your naturopath/homeopath/midwife
- 🍼 Hot water bottle/heating pad/microwaveable rice pack (the hospital does not supply these)

**\*\*\*\*\* Don't Forget Your Records \*\*\*\*\***