



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

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