

WHAT TO PACK

FOR LABOUR

- Your ID
- Your favourite lip balm
- A hair tie, if you need one
- Glasses (you probably won't want to wear contacts)
- Music
- A towel
- Massage oil
- An icepack and a hot water bottle
- Your favourite clear drink
- A comfortable pillow in a distinctive pillowcase

FOR YOUR PARTNER

- Food and drinks, or money for food, and change for vending machines
- Comfortable clothes and footwear
- Toiletries – toothbrush, toothpaste, deodorant
- A pillow and blanket
- Bathing suit if necessary

ADDITIONAL

FOR YOUR HOSPITAL STAY

- 1-2 nightgowns
- Robe and slippers
- Underwear, bras (no underwire), socks, a nursing bra
- Comfortable clothing for daytime
- Slip-on shoes
- Toiletries: soap, shampoo, deodorant, toothbrush and toothpaste
- Hair brush and elastics
- Unscented lotion
- A package of large pads for postpartum flow
- Your cell phone and charger
- A comfortable pillow in a distinctive pillowcase

FOR YOUR NEWBORN

- Car seat
- Clothing – undershirts, sleepers, hats
- Receiving blankets
- Diapers and wipes
