

HOSPITAL PACKING CHECKLIST

FOR YOU

- OHIP Card and insurance information
- Medications you take regularly
- Sanitary pads or disposable underwear/briefs (1-2 packs)
- Comfortable clothing for postpartum
- Camera/phone and chargers
- Toiletries (toothbrush, toothpaste, soap, shampoo, hairbrush)
- Slippers or flip flops
- Water bottle

OPTIONAL:

- Pillow
- Breastfeeding pillow
- Hair ties
- Nursing bra
- Peri bottle
- Labour playlist

NEWBORN

- Hat
- Newborn diapers (30)
- Sleeper
- Car seat
- Wipes
- Going home outfit
- Diaper cream
- Receiving blanket

SUPPORT PERSON

- Pillow
- Snacks/meals
- Blanket
- Water bottle
- Change of clothes

