

WHAT TO PACK FOR THE HOSPITAL

For Mother

- Health card (OHIP card)
- Insurance coverage information
- Snacks/mints
- Lip balm

Clothing for Mother

- Nightwear (should open at front for skin-to-skin contact with baby)
- Housecoat
- Non-slip footwear/slippers/flip flops
- Extra underwear (Loose fitting)
- Socks
- Nursing bra (without underwire) or nursing tank-top
- Outfit to wear home

Toiletries *

- Cosmetics
- Deodorants
- Soap
- Shampoo
- Conditioner
- Tooth brush
- Tooth paste
- Skin lotion
- Sanitary napkins (maxi pads)

For Memories **

- Phone/camera/ipad/laptop
- Chargers
- Pen/notepad

For Your Birth Partner/Support Person

- Pillow and blanket
- Snacks (the NHH cafeteria has variable hours of operation and is not open on weekends)
- Personal care items
- Shirt (should open at front for skin-to-skin contact with baby)
- Bathing suit

For Your Baby

- Diapers
- Diaper cream
- Diaper wipes
- Car seat
- First outfit, sleepers and onesies
- Blankets

Extras to Consider

- Distractions (birthing ball, music/headphones)
- Own pillow
- Breast pump (optional)
- Reference material
- Breastfeeding Matters* booklet ***

Other Items

Please leave unnecessary valuables at home.

* NHH is a [fragrance-free environment](#).

** For privacy reasons, cell phones and other communication devices with recording ability may not be used to photography, take video images or record conversations on hospital property without the appropriate consent and permission.

*** Breastfeeding Matters from Best Start Resource Centre - beststart.org - available to [download here](#).