What to bring to the hospital or birthing centre

Suggestions for the mother

- ☐ Your health insurance card and other proof of insurance (if you have any)
- ☐ Your hospital card
- ☐ Your pregnancy notebook and pregnancy follow-up forms (sheets 1, 2, 3, and 4) if you received any during your pregnancy checkups
- ☐ Your birth plan
- ☐ Your vaccination record
- ☐ A note pad and pen
- ☐ Comfortable clothes for the labour and delivery (if you don't want to wear a hospital gown)
- ☐ Comfortable clothes for day and night
- ☐ Slippers and warm socks
- ☐ Tissues (not always provided by the hospital)
- ☐ A change of clothes and underwear
- ☐ One or two nursing bras
- ☐ Going home outfit
- ☐ Super maxi pads (heavy flow)
- ☐ Your toiletry bag
- ☐ Your glasses and contact lens case, if you wear them
- ☐ Snacks (like muffins, cereal bars, dried fruit) and drinks
- ☐ Items you may want during labour, like massage oil, extra pillows, a hot water bottle, and music
- ☐ Reading material
- ☐ A watch
- ☐ Any medication you are taking
- ☐ Your *From Tiny Tot to Toddler* guide!

Suggestions for the partner

- ☐ Comfortable clothes and shoes
- ☐ Food and drinks
- ☐ A camera
- ☐ Reading material
- ☐ Your toiletry bag
- ☐ A bathing suit (if you want to get in the whirlpool with your partner during **labour**)
- ☐ Your pillow
- ☐ Pyjamas
- ☐ A change of clothes

Suggestions for the baby

- ☐ Diapers (if not provided by the hospital or birthing centre)
- ☐ Pyjamas
- ☐ Undershirts and bodysuits
- ☐ A blanket
- ☐ A hat
- ☐ Going home outfit (appropriate for the season)
- ☐ An infant car seat (required to go home by car, see page 673)