

# WHAT TO TAKE TO THE HOSPITAL

## For Labour

- Your birth plan and hospital paperwork
- Robe, oversized t-shirt, yoga top or something else to wear in labour
- Slippers, several pair of socks, many pairs of underwear or disposable underwear
- Unscented massage oil, lotion or cornstarch for massage
- Tennis balls and massagers
- Lip Balm - It gets dry in hospitals
- Hair ties, elastics or headband to keep Hair out of your face
- Cellphone and cellphone charger with room on your phone for pictures
- Pillow with colourful cover so it doesn't get mixed up with hospital linen
- Heating pad, hot water bottle and or ice bag for comfort and back discomfort
- Ipod, speakers and play lists of music to create a calm atmosphere
- Toiletries for the birthing parent and partner - toothbrush, paste, deodorant
- Light snacks for everyone to keep everyone's energy up
- Change of clothes for partner
- Book, deck of cards or tablet with movies for awake time with an epidural
- Your Doula!!!**

## After The Birth

- Comfy sleep wear for your time in the postpartum room
- Loose comfortable clothing for going home in
- Lots of large comfortable inexpensive underwear
- One nursing bra and nursing pads for breastfeeding & leaks
- Lots of over night sanitary pads without a plastic top
- Sleeper, Diaper-shirt, hat, for baby for going home
- Infant Car Seat for going home
- Diaper bag with diapers, wipes and barrier cream  
Approximately 20 diapers

## Miscellaneous

This is not a complete list. You must remember to bring items that will enhance your comfort and relaxation. A good idea too, is to pack three separate bags. One for labour, one for postpartum and one for baby. The labour bag goes in when you first get to the hospital and the postpartum and baby bag can stay in the car. This way your partner won't have their hands full and can better support you into the hospital or birth center