

What to Have for Labour and Pack for Hospital Birth

Woman:

- .. Food and drinks for labouring woman and her support people
- .. A couple of packages of Maxi pads-overnight size
- .. Portable music player (if desired)
- .. Clothes to labour in if you prefer not to wear a hospital gown
- .. 1 or 2 pillows from home (not in white cases)
- .. Hairbrush, toothbrush and paste, other personal care items as desired
- .. Bathrobe and slippers
- .. Change of clothes for going home (comfortable and loose)
- .. Camera / video camera
- .. Change for parking (currently \$5.00 in loonies or toonies at GGH, free at Groves)
- .. \$20.00 (refundable) for a pass for 24 hour access for your support person (GGH)
- .. Health card and additional health insurance information, if applicable
- .. **Don't forget your binder**

Baby:

- .. At least two hats-one soft one that we can put it on the baby right after birth
- .. 2 diaper shirts
- .. 2 sleepers
- .. Socks
- .. Blankets
- .. Car Seat
- .. Diapers
- .. Extra warm clothing and blankets for winter births
- .. Vaseline or olive oil for baby's bottom

For Labouring at Home:

- .. Gravol and Tylenol – for rest in early labour
- .. Digital oral thermometer
- .. Covering to protect carpets/mattress-consider drop sheets or shower curtains from the Dollar Store
- .. Extra pillows
- .. Bendable drinking straws
- .. Massage lotion or oil
- .. Lip balm
- .. Hot water bottle or rice bag