

Hospital Packing Checklist

Name: _____

For your hospital stay	✓	For your labour	✓
One housecoat and pair of slippers		Identification and Health Card	
1-2 nightgowns, preferably front opening for nursing		Focus point (photos of family or pets, or sentimental item from home)	
Multiple pairs of socks, underwear and bras		Comforter/pillows (bright colours or patterns)	
Comfortable clothing or pajamas, and comfortable shoes		Ice pack, hot water bottle, tennis balls for massaging back pains	
Soap, shampoo, and Kleenex		Lollipops or hard candy, popsicles, or your favourite clear beverages	
Toothbrush, toothpaste, deodorant		Large towel	
Hairbrush and hair elastics		Massage lotion/oil (unscented), and lip balm	
Sanitary pads		Music	
iPad, phone and a charger		Other: _____	
For baby's hospital stay	✓	For your partner	✓
Canadian Motor Vehicle Safety Standards approved infant car seat		Cash for parking or vending machines, if needed	
Undershirt and sleepers		Comfortable clothing and PJs, and slippers or comfortable shoes	
Diapers + pins, or disposable diapers (newborn/size 1 depending on how big your baby is)		Toothbrush, toothpaste, deodorant	
Sweater, soft knit/wool hat, and booties		Camera	
Shawl/blanket (weather depending)		Food, drinks, medication if needed	