

What do I bring to the hospital?

As you get closer to the arrival of your infant(s), you will want to be prepared.

All items you need during labour and after the baby is born should be brought to the hospital with you while visitor restrictions are in place.

Be sure to bring:

- Your Ontario Health Card
- Supplementary insurance information (i.e. your benefits information)

Personal Items:

- Pens** and notebook
- Kleenex
- Toothbrush, toothpaste, soap, shampoo, hairbrush, etc.
- Favorite pillow
- Reusable water bottle
- Nursing or supportive bra (no underwire)
- Watch or a small clock
- Personal device such as cell phone or tablet with charger
- Comfortable clothing and sleepwear that allows you to breastfeed easily
- Housecoat or robe and **non-slip footwear** (slippers or sandals)
- Maternity or large comfortable underwear that can accommodate an x-large pad (At least 5 pairs)**
- Extra socks
- At least 1 package of sanitary pads (adhesive, overnight, long)
- Clothes to go home in (comfortable, stretchy waist)
- Pillow, blanket and any personal items required for your support person**
- Non-perishable snacks and drinks**
- Breast pump and pump kit if you have one (optional)

Labour Supplies:

- Lip balm
- Partner's swimsuit (if you wish to be accompanied in the shower or tub)
- Focal point (picture, object, anything you find pleasant to look at)
- Hard candy
- Camera
- Portable music player and earphones
- Anything to help with your coping in labour (tennis ball, **scent-free** lotion or massage oil)

For Baby:

- 2 - 3 infant sleepers** (and clothes for photos, if desired)
- Blankets and hat to go home in (according to the season)
- Diapers** (Only 6 are provided by hospital)
- Car seat for discharge with instruction booklet**

Note: We do not provide soothers/pacifiers or baby wipes in the hospital

The Hospital will supply for use during your hospital stay:

Linens and Pillows Hospital Gowns /Towels/ Washcloths Some Sanitary Pads Medications Birthing Ball Electric Breast Pumps - personal pump kits for pump can be purchased	Infant cot, blankets, gowns, Sleep Sack 6 infant diapers Washcloths (hospital doesn't use wipes) Petroleum jelly (Vaseline) one tube only Additional feeding supplies as needed Infant Hat (you may take home) Infant body wash
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