

# What to Bring to the Hospital

## Checklist

### For Birth Patient

- Your Ontario Health Card and/or documents
- Pre-admission Form and insurance info
- Anaesthetic Patient Questionnaire
- Medications you regularly take
- A pillow + breastfeeding pillow
- Birthing plan
- Cell phone and charger
- Camera
- Comfortable clothing for your stay
- Snacks and drinks (if cold then pack in a cooler)
- Bra/nursing bra and nursing pads
- Pump (handheld or electric)
- Underwear (Depends also work great)
- Sanitary pads (20 maxi overnights)
- Toiletries (tooth brush, tooth paste, shampoo, body wash, hair brush, elastics)
- Glasses and contact lens, if needed
- Non-slip footwear
- Pens, pencils and notepad
- Labour support items (Bluetooth player for music, fan, hot/cold packs, hair comb, TENS)

### For Baby

- Diapers
- Baby wipes
- Vaseline
- Soft nail file
- Baby hats
- Baby mittens
- Sleepers
- Onesies/undershirts
- Clothes for going home
- Socks
- Receiving blankets
- CMVSS certified car seat secured in car \*Car seat clinics available in the community (websites below)\*
- <https://www.cpsac.org/events/>
- <https://www.niagararegion.ca/parents/upcoming-car-seat-classes.aspx>

### For Partner

- Change of clothes and comfortable shoes
- A pillow
- Wallet
- Snacks and drinks
- Toiletries
- Phone charger