

Labour and birth hospital packing list

Preparing for the arrival of your baby is an exciting and important time.

Having your bag packed before you go into labour will help ensure that your experience is as comfortable and stress free as possible. Try to have your bag packed and ready to go around 36 weeks.

Pack a small bag; you may be in hospital for only 24 to 36 hours and personal storage space is limited. Place the things you will need for labour at the top of your bag or in a separate bag. If you are planning a home birth, it is still a good idea to have a hospital bag packed. Your midwife will also give you a list of the supplies you will need to prepare at home.

Here are some ideas of what to take to the hospital:

Labour supplies

- Lip balm
- Hot and cold packs
- Hand-held massager
- Massage oil/lotion
- Music and headphones or speaker
- Flip flops for the shower
- Refillable water bottle
- Snacks and drinks for you

For your partner/support person

- Sleeping bag or bedding and pillows
- Clothing suitable for sleeping
- Snacks/drinks
- Toothbrush and toiletries
- Change of clothes
- Swimsuit, so they can get in the shower or tub with you
- Comfortable shoes
- Coins/cash for parking (may take credit cards)

Personal items

- Personal identification (driver's license and health care card)
- Pajamas (front-opening for breastfeeding or chestfeeding and skin-to-skin contact)
- Comfortable supportive bra
- Comfortable shoes and slippers
- Own pillow for comfort
- Toothbrush and toiletries
- Hair ties
- Comfortable underwear you can wear with a pad
- Large sanitary pads
- Loose, comfortable clothes to wear home
- Phone, charger, and headphones
- Your birth preference guide

For your baby

- Car Seat – Canada Motor Vehicle Safety Standards (CMVSS) approved (if travelling home by car or taxi)
- Newborn sleeper, onesie
- Diapers (newborn size) and wipes
- Blanket

