

# HOSPITAL BAG



## checklist

You don't want to be scrambling at the onset of labour. Be sure to gather all the essentials, and at the very least, try to have your hospital bag packed by week 37.

### ..... LABOUR .....

- ☐ Birth Plan, Health Card and Insurance Info
- ☐ Comfortable Night Shirt
- ☐ Warm Robe
- ☐ 2 Pairs of Socks or Cozy Slippers
- ☐ Hard Candies
- ☐ Your Favourite Music
- ☐ Hair Elastics or Headband
- ☐ Pillow in a Pretty Case
- ☐ Snacks and Drinks
- ☐ Phone, Camera and Chargers
- ☐ Personal Water Bottle
- ☐ Light Reading
- ☐ Lip Balm
- ☐ Change for Vending Machines
- ☐ Massage Oil
- ☐ Eyeglasses or Contacts

### ..... AFTER THE BIRTH .....

- ☐ Comfortable Clothes
- ☐ Toiletries
- ☐ Overnight Maxi Pads
- ☐ Old, Cheap or Disposable Panties
- ☐ Day Nursing Bra
- ☐ Night Nursing Bra
- ☐ Breast Pads
- ☐ Your Own Pillow
- ☐ Nursing Pillow
- ☐ Nursing Cover
- ☐ Nursing Tea
- ☐ Nipple Cream
- ☐ A Going Home Outfit

### ..... FOR BABY .....

- ☐ Infant Car Seat
- ☐ Blanket
- ☐ Pacifiers
- ☐ Socks
- ☐ Hat
- ☐ Going Home Outfit for Baby
- ☐ Scratch Mittens
- ☐ Vaseline and Cotton Balls
- ☐ Diapers
- ☐ Diaper Cream
- ☐ Wipes
- ☐ Swaddling Blankets
- ☐ Sleep Sack

### ..... ADDITIONAL ITEMS .....

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### ..... NOTES .....

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