



Labour & Delivery Packing List

Having your hospital bag ready in advance can help you feel more relaxed and prepared for your upcoming labour and delivery. We suggest you pack your hospital bag by the time you're about 36 weeks pregnant. We can't wait to meet you and your baby!

Essential Items and Documents:

- Health card (OHIP)
- Insurance coverage information (if applicable)
- Cell phone and charger
- Car seat (please leave in your vehicle until time of discharge)
- Cord blood kit (if applicable)

Packing List:

- Anything that might help make your environment more comfortable and calming for you during labour
- Snacks/drinks (adult patients are provided with meals postpartum but not support people)
- Indoor nonslip slippers, socks or flip flops
- Comfortable clothes for your post-partum stay that allows for easy access for skin to skin
 - Housecoat/sleepwear
 - Extra underwear and socks
- Comfortable clothes for your support person if they are rooming in
- Toiletries
 - Toothbrush, hairbrush, deodorant, etc.
- Wet baby wipes
- Newborn sleepers and hats
- Soother

Hospital Provides:

- Patient gowns
- Disposable mesh underwear
- Peri bottle(s)
- Maternal pads
- Newborn diapers
- Baby wipes
- Baby blankets
- Sterile nipples and bottles
- *Similac* formula
- Birthing balls & peanut balls
- Pillows and linen

Please leave all valuables at home.