



Hospital Packing Checklist

FOR YOU

NURSING

- Nursing bra**
A nursing bra will be handy if you plan to breastfeed.
- Nursing items**
This includes breast pads, lanolin/nipple cream, and a nursing pillow.

HYGIENE

- Toiletries**
Toothbrush, toothpaste, deodorant, body wash, facial cleanser, moisturizer, and toilet paper.
- Towel/washcloth**
Pack at least two towels for your stay.
- Hair care products**
Pack shampoo, conditioner, dry shampoo, and a hairbrush.
- Flip-flops**
Bring flip-flops for the hospital shower.
- Pads and extra maternity underwear**
Pack your own heavy-duty sanitary pads and several pairs of cotton briefs you don't mind throwing away.
- Glasses/contacts**
Pack your glasses, extra contacts, lens cleaner, and contact solution and case.

TO RELAX

- Sleepwear**
Bring a sweatshirt/sweater and two pairs of pajamas.
- Robe or nightgown**
Hospitals provide gowns, but you may prefer your own.
- Soft pillows**
The hospital provides pillows, but they may not be comfortable. Be sure to pack your own.
- Comfortable clothes and a going-home outfit**
Pack three comfortable, loose-fitting outfits. Socks and underwear are a must, along with comfortable bras.

FOR YOUR BABY

- Going-home outfit for baby**
It's best to bring footed onesies with feet so that the car seat strap can be fastened between them.
- Baby blanket**
Pack two - one for swaddling and one to have handy in case it gets messy.
- Baby care items**
Socks, mittens, a hat, diapers, and wipes.
- Car seat**
Make sure the car seat is properly installed ahead of time and know how to fasten it correctly.
- Baby book**
Cherish first moments by getting your baby's footprints in your baby book.

ELECTRONICS

- Phone and charger**
You and your partner should have your phones and chargers when you head to the hospital.
- Camera or video camera**
If you plan on using your phone to take photos or videos, be sure to pack your charger.
- Music and headphones**
Create a few relaxing playlists before it's time for the hospital.
- Laptop/tablet/e-reader**
Your favourite shows or books may help you pass the time during a long labour.
- Wi-Fi hotspot**
Hospital Wi-Fi can be spotty. A personal hotspot can provide a backup.

FOR OLDER KIDS

- Books/playing cards/puzzles**
Pack books and card games to help keep the kids occupied.
- Photos**
Bring photos of your other children so they can see they're on your mind, too.
- Gifts for older siblings**
You may want to bring presents for your other children from the baby.

WHAT NOT TO BRING

- Jewelry and other valuable items**
You'll need to take these off anyway, so it's better to leave them at home.
- Nice clothing you don't want to ruin or lose**
You'll have more important things to think about than your favourite shirt or jacket.
- Toys with small or potentially hazardous parts**
Avoid any safety risks for you, your baby, or your family and friends.

OTHER ITEMS

- Snacks and drinks**
Make sure your partner brings some things they like, too.
- A journal or pen and paper**
To help time contractions, to track your baby's feeding sessions, or to take notes.
- Books or magazines**
To help you and your partner pass the time.
- Picture ID, insurance information, and hospital forms**
The hospital will ask for these.
- Cash and change**
Bring cash and change for the vending machines.
- An extra bag**
Bring an extra bag for gifts and items from the hospital.
- Clothing**
Bring a change of clothes and jacket for your partner.