



### **Mom's Bag:**

- Provincial Insurance Card (OHIP), Private Medical Insurance Card & Hospital Card (if you have them)
- Paperwork from your Midwife or Physician (if you were provided with any to bring)
- Birth plan, Prenatal Class Book, Birthing Resources etc.
- Labour Support Aids: Massagers, Heating Pad, Music, Guided Meditations, Hypnobirthing Scripts, Homeopathic Remedies etc.
- Something to Wear During Labour (if you do not want to wear the hospital gown, a nightgown with full button opening is ideal, as they are easy to take on and off with an IV in place)
- Slippers (or flip flops, rubber sole is ideal)
- Socks x2-3 pairs (labour is messy so extra socks are often needed)
- Robe
- Face Cloth x1
- Towel x1 (nicer than hospital)
- Toiletries: toothbrush, toothpaste, deodorant, contact supplies, glasses, hairbrush, hair ties, headband, lip balm, massage oil or lotion etc.
- Comfy Underwear x2-3 pairs
- Nightgown or PJs (for postpartum)
- Nursing bra x1 (no underwire)
- Breast pads (disposable or reusable)
- Maternity Pads\* or Adult Incontinence Briefs
- Comfortable change of maternity clothes for trip home



## Baby's Bag:

- Sleepbelt (Perfect for Bonding & Skin-to-Skin)
- Cotton Hats x2-3
- Onesies (aka undershirts) x2-3
- Sleepers x2-3
- Socks x2-3 (if sleepers don't have feet)
- Light receiving blanket x2
- Warmer blanket for trip home in cooler months
- Newborn Diapers (most hospitals provide a few to start)
- Baby Wipes (unscented)
- Natural Oil or cream for baby's skin (eg. coconut oil, almond oil, olive oil, shea butter)

**\*Please Note:** Avoid all maxi pads with plastic dry weave top, as it can impact healing of your perineal tissue. Natracare makes excellent natural cotton maternity pads.

### Support Person's Bag:

- Cell phones & chargers
- Change & cash for snack machines and parking
- Comfortable change of clothes
- Toiletries
- Swimwear (if you plan to incorporate water in your birth)
- Contact info for important family member.

### Extra Items:

- Infant Car Seat
- Birth Ball (Most hospitals have them available but some people prefer their own)
- Pillow x1-2
- Camera
- Basin or bag (for car ride)
- Healthy Snacks & Drinks e.g. mints, gum, coconut water, juice, trail mix, fruit, veggies, sandwiches etc.