

TRANSITIONS MIDWIFERY

Hospital Birth Packing List

Recommended

- Your Care Card/ID
- Pre-registration forms if not already filled out and dropped off.
- Camera/phone and chargers
- Snacks and drinks for labour
- Lip balm
- Hair elastics/headband
- Reusable water bottle
- 2 pairs of underwear
- Nursing bra
- Comfortable clothes for after delivery and a pair for going home
- Slippers or flip flops
- Going home clothes for baby (hat, sleeper, onsie, blanket)
- Personal Hygiene items (shampoo, deodorant, toothbrush, ect)
- Car Seat
- Maternity Pad (Not dry weave type like Always brand)
- A Few diapers for baby (hospital will also provide some)

Optional

- Spots bra or bathing suit top for in the tub also optional to be topless
- Hot water bottle/microwave heat bag/ or electric heating pad.
- TENs machine
- Music player
- Change of clothes for your partner
- Gown or loose T -shirt to labour in if you choose not to wear a hospital gown.
- House coat/robe
- Pillow
- Flameless candles

*105-22838 LOUGHEED HWY MAPLE RIDGE BC V2X2V6
PH:604-466-5541 FX:604-466-8500*