



# WHAT TO PACK FOR LABOUR AND DELIVERY

naître  
ET grandir

## 1 FOR MOM

- Health insurance card and hospital card if you have one
- Birth plan
- List of all medications you are taking, if any
- Comfortable clothes for labour (if you don't want to wear the hospital gown) and warm socks
- Bathrobe
- Slippers and shower sandals
- A few changes of underwear
- Pyjamas and a change of clothes
- Clothes for the trip home
- Nursing or maternity bra, nursing pads, nipple cream
- Large, extra-absorbent sanitary pads or adult incontinence underwear (4 or 5 per day)
- Toiletry kit: toothbrush, toothpaste, shampoo, deodorant, mild soap, hairbrush, hair elastics, lip balm, contact lens solution and case, etc.
- Glasses and case
- Accessories to help relieve pain, e.g., heating pad, hot water bottle, massage oil, essential oil diffuser, and soft mood lighting
- Tissues
- Snacks and a water bottle with a straw (you can also bring a hydration drink containing electrolytes)
- Books, magazines, pencil and paper
- Cell phone with pre-downloaded music playlists, charger, and headphones

## 2 FOR BABY

- Diapers (8 to 10 per day) and wet wipes
- Baby care products (e.g., mild, unscented soap)
- Pyjamas and bodysuits
- Blankets
- Baby hat
- Clothes for the trip home
- Car seat (mandatory to leave the hospital)
- Car seat cover or cold-weather/cool-weather clothes depending on the season

## 3 FOR THE OTHER PARENT

- Pyjamas and a change of clothes
- Pillow
- Snacks and drinks
- Books, magazines, pencil and paper
- Toiletry bag
- Cell phone with charger