Hospital Birth Supply List

For Mom:

\*small package Depends or large overnight pads, large underwear

\*small bottle olive oil (for perineal massage in labour/ baby’s bum after)

\*set of clean comfy clothes to go home in

\*nursing bra, PJs that open in front for nursing, slippers

\*toiletries for 1-2 days (toothbrush, hair brush, shampoo, body wash, lip balm, etc)

\*favourite pillow, nursing pillow (optional), nipple balm

\*snacks for labour (granola/protein bars, dried fruit, water bottle, electrolyte drinks)

\*phone with charger, camera

\*your ID/OHIP card

For Baby:

\*small package newborn diapers

\*olive oil or diaper cream

\*1-2 outfits with hat to go home in (will be skin to skin most of time in hospital)

\*car seat and blanket

Useful things to have ready at home:

\*Advil and Tylenol, both in Extra Strength

\* “Padsicles”-Maxi pads soaked with water or witch hazel and frozen for your perineum

\*Epsom or sea salt for bath-to soak in for healing

\*Nursing pads for when milk comes in