



Community Midwives of Halton

Hospital Birth Supply List

For Mom

- Small package Depends or large overnight pads, large underwear
- Small bottle of 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
- Pre-frozen "padsicles"- maxi pads soaked in water or witch hazel, aloe vera and lavender essential oil and frozen
 - <https://www.healthline.com/health/pregnancy/padsicles?jwsourc=cl>
- Epsom or sea salt for bath-to soak in for healing
- Nursing pads for when milk comes in