

Packing for the Hospital

When packing for the hospital, you need to plan for the needs of the mom, the labour support person (or people) and the new baby.

You will want to pack things that you need during labour and after the baby is born. It is wise to pack a bag several weeks in advance of your baby's due date, so you will be prepared whenever labour begins.

The labour kit for the mom should include:

- identification and health card
- labour guide from prenatal class
- lotions for massage
- large socks and a sweater, in case you feel chilled
- playing cards or game in case you arrive at the hospital early in labour
- lip balm or petroleum jelly for dry lips
- powder or cornstarch
- personal items (such as photos)
- three pairs of old panties

The labour kit for the partner should include:

- change for vending machines
- snacks and a drink
- comfortable clothing (the delivery room may seem warm)
- camera or video recorder (battery-operated)

The baby's bag should include:

- diapers, pins and plastic pants or disposable diapers
- an undershirt
- a nightgown or stretch suit
- a receiving blanket (bulky comforters or blankets should be avoided)
- a hat, bunting bag, snowsuit or other winter clothing during cold weather

After the baby has arrived, mom will need:

- nightgown(s) that button down the front to allow breastfeeding
- one package of sanitary napkins (overnight or obstetrical size)
- slippers with non-skid soles
- robe that will allow you to breastfeed
- a nursing bra
- old pairs of underpants
- water jug and reusable cups
- a loose and comfortable "going home" outfit
- make-up, if desired
- toothbrush and toothpaste
- shampoo and deodorant
- book with phone numbers
- books or magazines
- pen or paper
- shower cap, if desired
- non-perishable food (like pudding cups or nuts)

If your support person intends to stay with you after the birth, he or she may also need to pack comfortable clothes and sleepwear, as well as snacks and beverages.