
What to Take to the Hospital or Birthing Centre

Ask what you are expected to bring to the hospital or birthing centre. Your health care provider can help with this list. Many people pack their bag 3 or 4 weeks before their due date. Even if you are planning to birth at home, have a bag ready in case your plans need to change.

For you:

- Health card, NIHB information
- If the hospital gave you a registration card, pack that too
- Your medications
- Pen and paper
- Nursing bra or comfortable bra
- Nursing pads
- Cotton underwear
- Tooth brush, tooth paste, hair brush, lotion, lip gloss, deodorant, shampoo, conditioner, hairbrush etc.
- Swim suit (if there is a tub)
- Menstrual pads (overnight kind)
- Nightgown, robe, and slippers
- Change of clothing (comfortable!)
- Money
- Phone numbers for family and friends
- Camera/video camera or smart phone
- Books/magazines/games/hobbies
- Mp3 player/iPod for music/movies, if you have these
- Cultural/traditional items (feather, drum, medicines, tobacco, etc.)

For your baby:

- Car seat
(see page 109 for more information)
- Diapers and face cloths/wipes
- Clothing
- Socks, booties, moccasins
- Hat
- Sweater
- Thin breathable blanket
- In the winter, your baby will need to be as warm as you. Bring the right clothing for the weather.