

What to pack for the hospital:

Definitely:

For you:

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|--|---|
| <input type="checkbox"/> Health Card & Insurance Card | <input type="checkbox"/> Large cotton underwear (several pairs) |
| <input type="checkbox"/> Purse, wallet/cash | <input type="checkbox"/> Nursing bras |
| <input type="checkbox"/> Camera with charged battery | <input type="checkbox"/> Socks |
| <input type="checkbox"/> Phone and charger | <input type="checkbox"/> Maxi pads (no 'dry weave') |
| <input type="checkbox"/> Contact list | <input type="checkbox"/> Flip-flops or hard bottom slippers |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Toothbrush & toothpaste |
| <input type="checkbox"/> Drinks & water bottle | <input type="checkbox"/> Hair brush |
| <input type="checkbox"/> Comfortable pants or dress to wear home | <input type="checkbox"/> Hair elastics or barrettes |
| <input type="checkbox"/> Oversized T-shirt or nightgown/shirt | <input type="checkbox"/> Soap & washcloth |
| <input type="checkbox"/> Bathrobe | <input type="checkbox"/> Hand lotion |
| <input type="checkbox"/> Button-up pyjamas (for easy skin to skin) | <input type="checkbox"/> Lip balm |

For baby:

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|---|--|------------------------------------|
| <input type="checkbox"/> Diapers | <input type="checkbox"/> Onesies | <input type="checkbox"/> Olive Oil |
| <input type="checkbox"/> 3 Sleepers (2 Sizes) | <input type="checkbox"/> Washcloths | <input type="checkbox"/> Hats |
| <input type="checkbox"/> Receiving Blankets | <input type="checkbox"/> Socks (2 Pairs) | <input type="checkbox"/> Car Seat |

Make sure you wash your baby's clothes first with gentle detergent.

Might be nice:

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| <input type="checkbox"/> Pillows | <input type="checkbox"/> Sleep Mask |
| <input type="checkbox"/> Pen & Notebook | <input type="checkbox"/> Magazines & Books |
| <input type="checkbox"/> Make-Up | <input type="checkbox"/> Laptop |
| <input type="checkbox"/> Ear Plugs (For Partner) | <input type="checkbox"/> Headphones |