



Labour Kit

Birth Plan
Your hospital blue card and any hospital paperwork you need
Your eyeglasses, if you need any. Even if you usually wear contacts, you'll probably need or want to take them out at some point during your stay.

A hair band and barrettes
Something to read, if you're so inclined.
Camera and film
Cd player or MP3 player (with head phones) and some music
A picture or something pleasant to look at (your focal point)
List of friend's and family's telephone numbers
Coins for pay phone (cell phones can only be used outside the hospital)
Slippers
Dental care products
Hair care Products
Skin care products
Other personal items

Personal Items - For after the baby is born
Note: your clothes should be loose fitting and comfortable

2 or 3 pairs of Pajama's or nightgowns (front-opening for breastfeeding)
Nursing bra and pads
3 or more pairs of comfortable underwear
Socks
Large sanitary pads
Clothes to wear home

For the Baby

Canadian Motor Vehicle Safety Standards (CMVSS) approved infant seat
Undershirts and sleepers
Diapers
Warm clothes to go home in
Warm blanket
Infant soothers if you desire

For the Partner

Money for parking and change for vending machines.
Bottles of water and snack
Comfortable clothes that can be slept in
A pillow and bedding (hospitals only supply a sleeping mat or cot)
A few basic toiletries, such as a toothbrush, toothpaste, shampoo, deodorant.

Never Bring

Jewelry
Anything that is precious or unreplacable
A lot of cash or credit cards