

Here is a list of what to bring to the hospital:

➤ For you...

- Alberta Personal Health Card and other insurance cards
- Housecoat/front opening sweater
- Slippers/flip flops
- pyjamas or other comfortable clothing—many women choose to wear the hospital gowns
- 3 pairs of maternity underwear
- 1-2 nursing bras/tank tops
- Toiletries - toothbrush, toothpaste, deodorant, shampoo, lotion
- 1 package of long feminine pads for heavier flows
- Cell phone and charger
- Loose clothing to wear home - think 20 weeks maternity clothing
- Black pen to fill out forms
- a water bottle with your name on it
- Your blood glucose monitor if you have one
- Frozen colostrum (if collected) - remember to give to nurse right away when you arrive

➤ For your support person...

- Change of clothes,
- Comfortable footwear
- Bathing suit to give support in the shower
- Toiletries - toothbrush, toothpaste, deodorant
- Drinks and snacks for both of you— they may not be able to leave to go get food

➤ For your baby...

- 1–2 receiving blankets
- 1–2 undershirts
- 1–2 sleepers
- 1 package of newborn diapers
- 1 hat
- Laundry bag or plastic bag for dirty clothing baby clothes for going home
- Rear-facing car seat - Keep this in the car initially, but you will need to bring it in so your nurse can check the straps before discharge

➤ Other...

- labour comfort supplies - music, massage tool/oil, heat pack, ipad for movies...etc
- lip balm
- camera—ask permission from health care providers before taking their picture