



## **Hospital Bag for Mom: Labour and Delivery**

- Prenatal Paperwork, Insurance card, OHIP
- Bathrobe, Nightgown
- Socks, Slippers/flipflops
- Body Lotion, massage oil, lip balm is always nice
- Drinks and snacks

## **Hospital Bag for Mom: After Delivery**

- Nightgown
- Heavy-duty maternity pads
- Underwear
- Bras/Nursing bras
- Toiletries : hairbrush, deodorant, toothbrush, toothpaste, hair clips, hair ties. Pack a plastic bag for dirty clothes.

## **Hospital Bag for your Baby**

- Bodysuit, socks, hat, diapers and wipes, and a Blanket
- Going-home outfit. Please consider weather conditions when packing an outfit for the baby.
- Car seat. Please confirm the expiry date of car seat

