

# What to Pack in Your Hospital Bag

No matter where you plan to give birth, a “go bag” is essential. Consider one smaller bag with essentials (cup/water bottle, lip balm, snacks) and a larger bag that could be retrieved from your vehicle once you are admitted. Here is a list developed by midwives and perinatal nurses to help you plan for your birth, and include everything you might need:

- Lip balm
- Hair elastics or hair band
- Flip flops or slippers
- Your own pillow
- Large reusable cup with straw, or water bottle
- Snacks for yourself and your partner
- PJs and robe that open easily for breastfeeding
- Comfortable/high waisted underwear
- Comfortable outfit to wear home
- Any medications that you take regularly
- One package of overnight menstrual pads/Tena pads (avoid ‘dry weave’)
- Personal toiletries: toothbrush, toothpaste, hair brush, skin care products, etc.
- ID (especially your Care Card)
- Charger for your electronics
- Change for vending machines
- Caffeinated beverages for your partner
- Music source/portable speaker (if you think you might want music in labour)
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## For your partner:

- A change of clothes
- Swim trunks if your partner plans to use the shower or tub
- PJs + slippers or flip flops
- Sleeping bag
- Pillow
- Toiletries

## For your baby:

- 1 package ‘Newborn’ sized diapers with umbilical cutout
- Scent-free wipes
- Baby socks and/or mittens
- Car seat
- At least two receiving blankets
- Easy-to-put-on outfit to go home in
- Blanket
- Hat