

## Things to bring to the hospital – A checklist for new parents

### Paperwork

- ❖ Ontario Health Card, plus any extended hospital insurance information
- ❖ If you do not have an Ontario Health Card, please bring other documents
- ❖ A pen to fill out forms

### For the Birthing Person

- ❖ 1-2 pairs of open front pajamas, robe
- ❖ Slippers or flip flops
- ❖ 1 supportive or nursing bra, nipple ointment
- ❖ 4 pairs of underwear
- ❖ Toothbrush, toothpaste, deodorant, tissues (any other toiletries you may need), glasses, contacts
- ❖ Large sanitary pads (enough for 2 days)
- ❖ Loose-fitting clothes to wear home
- ❖ 1 pillow or pillow case
- ❖ Cell phone chargers
- ❖ Entertainment (books, magazines, charged up devices)
- ❖ Breast pump if you have one (may not need)

### For baby

- ❖ 1 package of small size diapers and wipes (enough for 2 days)
- ❖ Barrier cream/vaseline for diaper changes
- ❖ 3 undershirts
- ❖ 3 sleepers
- ❖ 3 receiving blankets
- ❖ 2 hats
- ❖ Outerwear to suit the weather
- ❖ Car seat-please read the instructions for the child securing harness and proper car installation BEFORE coming to the hospital to bring baby home

### For the Support Person

- ❖ Pyjamas
- ❖ Comfortable clothes
- ❖ Toiletries
- ❖ Change for vending machines
- ❖ Food and snacks for at least 2-3 days
- ❖ Coffee/tea (instant or Keurig pods) Kettle and Keurig provided in Patient Lounge
- ❖ If you are a smoker perhaps talk to your physician about some alternatives
- ❖ Cooler for food. Microwave, kettle, fridge available.
- ❖ Pillow and blanket

**NO TRIPS TO THE CAFETERIA AND SECOND CUP ARE PERMITTED AT THIS TIME**