

## Essentials for mom

- ID, health + insurance card
- Glasses + contacts
- Toiletries
- Comfortable clothing
- Nightgowns or high-waisted pants/shorts
- Robe + slippers or grippy socks
- Phone charger
- Refillable water bottle with straw
- Nursing bras/tanks
- Your own pillow

## Comfort extras

- Your own labour gown
- Silk pillowcase
- Soft blanket
- Large, soft towel

## Postpartum recovery

- Comfortable postpartum outfits
- Going-home outfit
- Postpartum underwear/adult diapers
- Perineal care items
- Nursing pillow

## Essentials for baby

- Going-home outfit
- Hat + socks
- Blanket for ride home
- Properly installed car seat
- Swaddle blankets
- Newborn diapers + wipes
- Pacifier
- Formula

## Partner/support person

- Change of clothes
- Toiletries
- Snacks + drinks
- Pillow + blanket
- Laptop/tablet/phone + chargers
- Portable power bank
- Tylenol/Advil

## Documents + tech

- Hospital registration/pre-admission forms
- Insurance info
- Phone + charging cord
- Camera
- Headphones