

## 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 a Ontario Health Card then please bring other documents
- ❖ A pen to fill out forms.

### For the Birthing Person

- ❖ 1-2 pairs of pajamas and a robe
- ❖ Slippers or flip flops
- ❖ 1 supportive or nursing bra
- ❖ 4 pairs of underwear
- ❖ Toothbrush, toothpaste, deodorant, and tissues (any other toiletries you may need)
- ❖ Large sanitary pads (enough for 2 days)
- ❖ Loose-fitting clothes to wear home
- ❖ 1 pillow
- ❖ Cell phone charger
- ❖ Breast pump if you have one

### For baby

- ❖ 1 package of small size diapers and wipes (enough for 2 days)
- ❖ Barrier cream/oil for diaper changes
- ❖ 3-4 undershirts
- ❖ 3-4 sleepers
- ❖ 3-4 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