

**Things to bring to the hospital – A check list for new parents****Paperwork**

- ☐ Ontario Health Card, plus any extended hospital insurance information
- ☐ A pen to fill out forms

**For the Birthing Parent**

- ☐ 1-2 pairs of pajamas and a robe
- ☐ Slippers or flip flops
- ☐ 1 supportive or nursing bra
- ☐ 4 pairs of underwear (mesh or cotton)
- ☐ Toothbrush, tooth paste, deodorant
- ☐ Any other toiletries, medications, glasses/contacts you may need
- ☐ Large sanitary pads – maxi overnights
- ☐ Loose-fitting clothes to wear home
- ☐ 1 pillow with a colourful pillow case
- ☐ Phone charger
- ☐ Headphones
- ☐ Ear plugs
- ☐ Breast pump (if you have one)
- ☐ Electrolyte drinks
- ☐ Labour support items (such as a speaker, heat pack, massage tools, etc.)

**For Partner/Support Person**

- ☐ Food, snacks and drinks for at least 2 days (bring a cooler if you'd like)
- ☐ 1 change of comfortable clothing
- ☐ Pajamas if staying overnight on the birthing unit
- ☐ Credit card
- ☐ Phone charger
- ☐ Pillow and blanket

**For Baby**

- ☐ 1 package of small size diapers (newborn)
- ☐ Wipes
- ☐ 3 - 4 undershirts
- ☐ 3 - 4 sleepers
- ☐ 3 - 4 receiving blankets
- ☐ 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

NOTE: The hospital does not provide the above supplies. Visit <https://unityhealth.to/areas-of-care/programs-and-clinics/womens-health/> for more information about The Myhal Family Birthing Centre.

February 3, 2022