

Packing for the hospital

For you, your partner and your baby

Here is a checklist of things to pack for your hospital stay.

For You

	Pyjamas
	Slippers
	6 pairs of underwear
	Nursing bra
	Personal toiletries – soap, toothbrush, shampoo
	Sanitary pads
	Breast pads
	Music player
	Snacks or specialty food items
	Water bottle
	Pen and paper
	Clothing to wear home

For your partner

	Bathing suit for the shower
	Pillow and blanket
	Snacks
	Camera
	Personal toiletries – soap, toothbrush, shampoo

For your baby

	Diapers and wipes
	Car seat
	Infant clothing
	Receiving blankets

Valuables

Most hospitals have a secure personal space for your belongings (such as a locker). Bring a personal lock and only a small amount of cash or a credit card to keep securely in your locker. Do not bring jewelry or other valuables with you.