

# What to take to the Hospital

## For Mother

### Personal Care Items

- comb, brush, elastic bands if hair is long
- body lotion or oil
- sanitary pads
- deodorant and soap
- toothpaste, toothbrush, tissue
- bath powder

### Clothing

- bathrobe and slippers
- nightgowns to wear after the birth
- cotton socks
- supporting or nursing bra, and nursing pads
- clothing for return home from hospital

### Things to help with labour

- pillow (in coloured pillow cases)
- watch, lip gloss or gel
- focal point (object or picture to look at during contractions)
- ice pack, tennis balls, rolling pin, hot water bottle

### Other Articles

- pen, paper, magazine or book
- list of telephone numbers, money for pay phone
- snacks e.g. juice, yogurt, biscuits, fruit, vegetables, nuts, dried fruits
- camera
- music
- eye glasses

## For Baby

- diapers
- set of clothing for the trip home
- safety approved infant car seat for the trip home

Check with your own hospital for anything else you need to bring.

