

What to bring to the hospital

On admission to the postpartum unit you will receive a small “Starter pack” of supplies for mom and baby. Once you have used up these supplies up you are asked to use your own supplies brought from home. Please bring the following supplies:

- Alberta personal health care and other insurance cards (e.g. Blue Cross)
- Prenatal health record (given by your health care provider)
- Housecoat, slippers (flip flops), pajamas (many women choose to wear the hospital gowns)
- Toiletries (lotion, toothpaste/brush, floss and shampoo/conditioner/deodorant)
- 3 pairs of maternity underwear
- 1 package of long maxi pads
- 1 nursing bras / nursing pads
- A plastic water bottle with your name on it
- 1 package of newborn infant diapers
- Wipes for diaper changes
- 3-5 receiving blankets
- 1-2 undershirts
- 1-2 sleepers
- 1 hat
- Laundry bag or plastic bag (for dirty clothing)
- Baby clothes (for going home)
- Canadian approved child safety seat

Please turn over

You may also want to bring:

- Comfort supplies: lip balm, sugar-free mints or hard candies, warm socks, drinks/popsicles
- Massage tools/oils
- A book or music to help you through your labour
- A camera
- Snacks for you and your partner
- Change of clothes and toiletries for the support person (bathing suit if planning on supporting in the shower)
- Food or funds to purchase food/nourishment for support person is staying overnight or long periods of time.
- Loose fitting clothing to wear home (you will probably still be wearing your maternity clothes)
- Cell phone and charger and any phone numbers you may need
- Your own pillow – please use a bright colored pillow case to help identify your pillow (pillows tend to get left behind if misplaced if not recognizable)
- Nursing pillow (if desired)
- Black pen (to fill out forms)
- Your copy of the Healthy Parents / Healthy Children book
- Change of clothes and toiletries for the support person (if staying overnight)
- Food or funds to purchase food/nourishment for support person is staying overnight or long periods of time.