

## **Preparing for Your Delivery - What to Bring to Hospital**

### **For Mother**

- € **Ontario Health Card**
- € **Sunnybrook Hospital Card**
- € **Comfortable clothing: nightgowns, bathrobe slippers, loose-fitting underwear (three)**
- € **Clothes for going home**
- € **Nursing bras and nursing pads**
- € **Favourite pillow and/or breast feeding pillow**
- € **Toiletries: soap, shampoo, toothpaste and toothbrush, deodorant etc.**
- € **Sanitary napkins: one package of heavy flow pads and one package of regular pads**
- € **Pen and note pad for taking notes**
- € **Watch**

### **For Partner**

- € **Phone**
- € **Phone numbers of family and friends**
- € **Snacks and drinks**
- € **Camera**
- € **Change of clothes, track suit, comfortable clothes**
- € **Books, magazines, deck of cards, music**
- € **\$ for parking/ taxi**

### **For Baby**

- € **Cotton hat/toque**
- € **Baby soap and lotion**
- € **Baby wipes (box)**
- € **Vaseline**
- € **Diapers: disposal, 2-pack**
- € **Emery board**
- € **Infant comb/brush**
- € **Three receiving blankets**
- € **Baby sleepers**
- € **Clothes for going home**
- € **Car seat secured in car (bring manual)**
- € **Name and contact number of family physician (and paediatrician)**