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## Hospital Check List

### Labour and Delivery

- Alberta Health Care Card and 1 Piece of Photo ID
- You are welcome to bring a comfortable nightgown if you wish but we do provide you with a hospital gown, housecoat and underwear for the duration of your labour
- Comfortable slippers or flip flops
- A book or music to help you through your labour
- A plastic water bottle
- If you bring your own pillow please use a bright pillow case to identify (pillows tend to get left behind or misplaced if not recognizable)
- Basic toiletries (toothbrush, toothpaste, soap, shampoo, conditioner, brush, creams)
- Massage tools
- Camera
- All necessary charge cords. Please make sure these are labelled
- Snacks for support person(s)

### Post Partum

#### For Mom

- 3-5 pairs of cotton underwear. The hospital will provide you with one pair for your labour and two pairs for post partum
- 1 package of maxi pads. The hospital will provide you with 4 maxi pads post partum and then you must provide the rest
- 2 Nursing bras
- Nursing pads
- Nursing pillow
- Comfortable Pjs
- Slippers
- Comfortable outfit to wear home
- Black Pen to fill out forms

#### For Baby

- 15 or more diapers. The hospital will provide the first 3-4 diapers and then you must supply your own
- 2-3 receiving blankets
- 1-2 undershirts
- Warm outfit to go home in
- Approved car seat

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