


Hospital checklist for mom's and baby's bags

We suggest you go through this checklist before leaving for the hospital on the big day.

Mom's bags

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|--|---|
| <input type="checkbox"/> Robe and a couple of nightgowns that button in the front, or nursing gowns if you plan to breast-feed | <input type="checkbox"/> An item to use as a focal point or concentration aid during labour |
| <input type="checkbox"/> Warm socks | <input type="checkbox"/> Change to buy small items like snacks |
| <input type="checkbox"/> Comfortable slippers | <input type="checkbox"/> Your own pillow from home, if you prefer |
| <input type="checkbox"/> Bras or nursing bras | <input type="checkbox"/> A comfortable going-home outfit |
| <input type="checkbox"/> 4 or 5 pairs of underwear | <input type="checkbox"/> Health insurance card |
| <input type="checkbox"/> Toiletries | <input type="checkbox"/> 2 x 235 mL |
| <input type="checkbox"/> Pads | Similarac Ready-to-Use formula* |
| <input type="checkbox"/> Reading material and music |  |

Baby's bags

- | | |
|--|--|
| <input type="checkbox"/> Diapers (two diaper pins for cloth diapers) | <input type="checkbox"/> Receiving blanket |
| <input type="checkbox"/> Undershirt | <input type="checkbox"/> Going-home outfit |
| <input type="checkbox"/> Nightgown and socks or booties | <input type="checkbox"/> Blankets or outerwear, depending on the weather |
| <input type="checkbox"/> Cap | <input type="checkbox"/> Bottle |
- Don't forget the car seat...**

*Breast milk is recommended as the first infant feeding choice.