



mountain midwifery care

hospital birth checklist



For you

- Your health card & insurance documents
- Pajamas/loungewear/bathrobe
- Comfy footwear like slippers/flip flops
- Plastic bags for dirty clothes
- A small amount of cash/change (for vending machines on labour & delivery)
- Your pre-registration documents, if you didn't send them in ahead of time
- Toiletries (e.g., lotion/lip care, toothbrush & toothpaste, hairbrush/comb, deodorant, shampoo, conditioner, hair clips/ties, and hair ties)
- Pads (though some are supplied) & comfortable underwear
- Any additional things that help you to relax: books, music, hot pack
- Eye mask/earplugs for sleep – it can sometimes be a bit noisy on the postpartum ward
- Phone/camera & their chargers
- A reusable water bottle
- Extra pair of socks & underwear
- Glasses/contact lenses & their cases

For your labour support person

- Snacks & drinks
- If you smoke, nicotine patch/gum
- Small pillow
- Extra set of comfortable clothes
- Phone/camera & chargers
- List of family/friends & phone numbers

For your baby

- Diapers, wipes (if you want) & coconut/olive oil/vaseline for those first messy diapers
- Carseat (but leave the base in the car!)
- Hat(s)
- Going-home outfit
- Formula, if you plan to use it