

# Hospital Packing List

## Birthing Parent - in Labour

- Comfortable, old socks
- Good quality chap stick
- Comb (labour stress tool)
- Stress ball
- Motivational/Distracton items: photos, special baby item, ultrasound photo, encouraging notes and phrases
- Music
- Hair elastics & hair brush
- Suckers/Lollipops
- Gatorade/Powerade
- Medications that you take regularly in labeled pharmacy containers
- Massage lotion/oil

## Birthing Parent - after Birth

- Cellphone, tablet, etc
- Charger cords for all devices
- Personal items such as toothbrush, toothpaste, deodorant, Shampoo/Dry shampoo, body wash
- Disposable underwear (i.e. Depends)
- Largest sanitary pads
- Clothing: comfortable pyjamas, slippers and/or flip flops, comfortable bra or nursing camisoles (no underwire), robe
- Change of clothes for discharge
- Nursing pillow
- Towel (hospital doesn't have large ones)

## Support Person

- Cellphone, tablet, etc
- Charger cords for all devices
- Comfortable clothes with pockets
- Several changes of clothes
- Personal items such as toothbrush, toothpaste, deodorant
- Pillow with distinctive cover
- Blanket
- Cooler with snacks and drinks
- Refillable water bottle
- Medications that they might need (prescription meds, pain killers, etc)
- Gum
- Bluetooth speaker

## For Your Baby

- Small container of coconut oil
- Disposable diapers (approx. 30)
- Baby wipes
- 3-5 sleepers, onesies, outfits
- Hat, socks
- Receiving blankets
- Small nail file
- Infant car seat (leave in car)

## *Tiny Tip!*

*Pack your labour and postpartum bags seperately, leave your postpartum bags in the car, you won't need them right away.*



## Your one stop shop for:

- Group and private prenatal classes
- Breastfeeding education
- Carseat support
- Breast and bottle feeding support
- Breast pump rentals
- Starting solid foods



THE.TINY.HUMAN.CO

[www.TheTinyHumanCo.com](http://www.TheTinyHumanCo.com)

[info@TheTinyHumanCo.com](mailto:info@TheTinyHumanCo.com)