

WHAT TO BRING TO THE HOSPITAL

Wondering what you might need when it's time to go to the hospital? We've created a checklist of the most-needed items for mom and baby:

Mom

- Alberta Health Care card
- Other insurance cards (Blue Cross, etc.)
- A BLACK pen to complete forms
- A camera (Make sure you have charged the battery or bring a charger!)
- Money for parking and a list of family and friends' phone numbers
- Any coaching or comfort materials you plan to bring (massage cream, magazines, snacks, cards, music)
- Toiletries (Be sure to include your toothbrush, toothpaste, deodorant, shampoo, long sanitary pads.)
- A housecoat, slippers, and two nightgowns, pairs of pajamas, or sweat suits
- Four to six pairs of underwear and two bras (remember to pack nursing bras if you are breastfeeding)
- Loose-fitting clothing to wear home

Baby

- Three to four receiving blankets
- One package of diapers
- One warm blanket
- A soother (if you are planning to use one)
- Formula (if you are not planning to breastfeed)
- Three to four undershirts
- Four sleepers
- A hat or toque
- An outfit for going home
- An approved infant car seat
- A laundry bag or plastic bag for soiled clothes

*** Visitors: During labour, two support people are allowed in the room. They will be required to wear wristbands. After the baby is born, visitors are restricted to support people, grandparents, and siblings of the baby only. ***