

Checklist: Birth Centre Supplies

Supplies for you:

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| <input type="checkbox"/> Light food for labour | <input type="checkbox"/> Extra pillows (in distinct pillow cases) |
| <input type="checkbox"/> Fluid replacement drinks or honey | <input type="checkbox"/> Toiletries (toothbrush, toothpaste etc.) |
| <input type="checkbox"/> Comfortable clothing | <input type="checkbox"/> Glasses, contact lenses, and solution |
| <input type="checkbox"/> Bathing suit/bathing top (for yourself in desired as well as anyone who may accompany you In the tub or shower) | <input type="checkbox"/> Large pack of extra-large overnight sanitary pads (NOT dry weave) |
| <input type="checkbox"/> Socks, slippers (including for family and visitors) | <input type="checkbox"/> Comfortable clothes for you to go home in |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Health card, if you have one |
| <input type="checkbox"/> Hair ties | |

Supplies for your baby:

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| <input type="checkbox"/> Newborn diapers | <input type="checkbox"/> Infant car seat |
| <input type="checkbox"/> Season-appropriate clothing (including baby hats – newborn size) | <input type="checkbox"/> Formula and bottle (if you will be feeding your baby formula) |

Other supplies you may find helpful:

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| <input type="checkbox"/> Massage oil or lotions | <input type="checkbox"/> Snacks and meals for family and visitors |
| <input type="checkbox"/> Camera | <input type="checkbox"/> Phone charger |
| <input type="checkbox"/> Music player | <input type="checkbox"/> Notebook |