

## Checklist: Hospital Supplies

### Supplies for you:

- |  |  |
|--|--|
| <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:

- |   |  |
|---|--|
| <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:

- |   |   |
|---|---|
| <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                                 |