

# What to Bring to Hospital

During your labour we will provide you with water, juice and popsicles. We will also supply you with a starter pack that will include the following items:

- diapers
- blue pads
- sanitary pads
- baby wipes
- mesh underwear
- peri-bottle

Please note this starter pack is not sufficient for your stay. Please bring additional supplies from home for yourself and your baby.

## WHAT YOU SHOULD BRING FROM HOME

Please bring a small bag with these additional items for your labour and stay at BC Women's.

### For Your Labour

	Labour and Birth guide
	BC Services Card or BC Driver's License (with Personal Health number)
	Medical or hospital forms (e.g. Bright Start Bundle form; Cord Blood Banking consent form)
	A pair of socks and underwear
	Flip-flops or slippers
	Comfortable clothes to wear while in-hospital
	Lip balm
	Water bottle (filtered water is available at the hospital)
	Other drinks that you like (Gatorade, coconut water etc.)
	Snacks (e.g. granola bars, fruit)
	Extra pillow (use a patterned pillow case to not mix with the blue hospital pillows)

### For Your Support People

	Cellphone, laptop/tablet and chargers
	Music player and small speaker (download music before coming to the hospital)

# What to Bring to Hospital

## For Your Support People, continued

	Camera and video recorder (charge cameras before arrival; have a large memory card)
	Bathing suit (to assist the labouring woman in the shower or bathtub)
	List of people to call after the birth
	Bedding and pillows (blankets, sleeping bag)
	Toiletries (toothbrush, soap)
	Snacks and drinks

## For After Baby Is Born

### For You

### For Baby

Toiletries (toothbrush, hairbrush, soap, shampoo)	Clothing for baby to wear in hospital (2-3 sleepers or onesies)
Comfortable bra for breastfeeding	Extra diapers and baby wipes
Nursing pads	4 baby blankets (receiving blankets)
Extra underwear	Clothing for baby to wear home
Breastfeeding pillow	Car seat (purchased in Canada)
Extra sanitary pads	
Clothing to wear home	

## Please Do Not Bring

Valuables. Remove most or all of your jewelry before coming to hospital.
Cash. Credit and debit cards are accepted at all hospital cafeterias so no cash is necessary. Approximately \$20 is needed for snacks & food for support person.
Scents and aromatherapy (some people are seriously allergic to scents, even lavender).