

PRENATAL EDUCATION



Renfrew County and
District Health Unit
"Optimal Health for All in Renfrew County and District"

WHAT TO BRING TO HOSPITAL

BE READY FOR BABY'S BIG ARRIVAL.
PACK YOUR SUITCASE THREE TO FOUR
WEEKS BEFORE YOUR DUE DATE. HERE
ARE SOME SUGGESTIONS ON WHAT TO
BRING WITH YOU.



FOR MOM

- 2-4 night gowns/pajamas
- House coat
- 2 pairs of comfortable pants
- 5-10 pairs of comfortable underwear
- Socks
- Cardigan/sweater/shirt
- Toiletries (e.g.: shampoo, body soap, toothbrush, makeup, etc.)
- Phone and charger
- Camera and charger
- Antenatal papers (e.g.: birth plan, health card, health care plan, etc.)
- Lip balm
- Lotion
- Hot pack (e.g.: magic bag, hot water bottle).
- Pen and paper
- Watch
- Pillow
- Hair elastics
- Water bottle
- Snacks you like
- Heavy duty sanitary pads
- Sprayer, hand fan

FOR BABY

- 2 going home outfits
- 2-4 sleepers
- Car seat
- Hat
- Socks/slippers
- Blanket
- Wipes
- Diapers

IF BREASTFEEDING

- Nursing bra
- Nipple cream
- Nursing pillow
- Nursing tops

TIPS

- Leave valuable jewellery home.
- Your partner/support person needs to pack a kit as well.
- Even if you are planning a home birth, have a bag ready just in case you and/or baby need to be transferred.
- Put money aside for vending machine, parking, taxi, etc.

