

# Packing list

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- MSP card and other insurance cards (e.g., Blue Cross)
- nipple cream
- comfy underwear (the hospital will provide awesome mesh throwaways)
- big pads
- pretty pjs (hospital gowns aren't much to look at)
- comfy clothes (bring maternity clothes)
- FLIP FLOPS!!!** (wear at all times, even in the shower)
- lip balm** (it's amazing how dry your lips get during pushing)
- cell phone charger (but don't forget it there)
- nursing bras or nursing tanks
- breast pads
- extension cord
- Toiletries, including cream, toothpaste, toothbrush, floss and shampoo, glasses (case)
- bum cream for baby
- hair ties
- jewelry case (in case you go for a c-section)
- diapers and wipes
- water bottle
- lock for your locker (keep your belongings safe)
- lots of onesies for your baby (it's amazing how many they can go through)
- cute outfit for you and your baby to go home in
- pens** (to fill out forms)
- 2-4 receiving blanket (the hospital will provide blankets when you are there)
- Laundry bag or plastic bag (for dirty clothing)
- Approved child safety seat (and know how to use it)
- Change of clothes for your labour support person
- Bathing suit (for your partner in the shower)
- massage oil or lotion (if you want a massage during labour)
- sweater for Mama (rooms can be cold)
- Robe
- Contact case and solution
- Snacks, especially for your partner/support person
- Hot pack for Mama's back
- Rolling pin

