

PREPARATION LIST FOR BIRTH

These items should all be ready 3 weeks before your due date.

All women

Please have these items packed to bring to the hospital:

- ☐ your Health Card
 - ☐ your purple chart
 - ☐ car seat
 - ☐ clothes for the baby
 - ☐ pillow (1)
 - ☐ snacks for you and your support people
 - ☐ newborn diapers (about 5)
 - ☐ receiving blankets
 - ☐ change of clothes for mother
 - ☐ 5 toddler disposable diapers (for mom postpartum) **or** one pack sanitary pads (long, large sized)
 - ☐ toiletries for mother
 - ☐ \$10 for the parking garage (the garage will take credit cards)
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In addition, for Home Birth preparation:

Please have these items gathered together:

- ☐ plastic mattress cover or shower curtain or a large piece of plastic sheeting (shower curtains are too small to cover queen-size bed)
- ☐ old clean sheets for the birth
- ☐ fresh clean sheets for the bed for after the birth
- ☐ 4+ old clean towels
- ☐ 4+ clean washcloths
- ☐ 2 plastic garbage bags
- ☐ 2 baskets/boxes that look different from one another (one for garbage & one for laundry)
- ☐ 1 roll of paper towels
- ☐ 3+ receiving blankets
- ☐ 750 ml + plastic container **or** 2 hole-free bags
- ☐ 2 bath towels: one for yourself and one for baby for after your bath
- ☐ baby's first clothes, including a hat
- ☐ thermometer
- ☐ snacks for yourself and your guests (e.g. ginger ale, juice, gatorade, muffins, cheese and crackers)

†When you are in early labour, make your bed with your clean bed sheets as usual, then put on the plastic cover, then put older clean sheets on the top.