



Hospital Birth Supply List

Mother

- Alberta healthcare card or hospital card
- Prenatal paperwork your care provider has given you
- A change of clothes to wear home, something soft and comfortable
- An old, large T-shirt or short nightie (short sleeved)
- Nursing bra or sports bra
- Extra socks
- Long, thick maxi pads
- Large comfortable underwear (3-4 pairs)
- Food and drink for yourself
- Toiletries: shampoo, soap, toothbrush and toothpaste, lip balm, hair elastics
- Music – player and dock / CDs and player
- Aromatherapy, if desired

Partner

- Swimming shorts
- Extra socks
- Extra T-shirt or sweatshirt and sweatpants
- Food and drink (there are limited food services in the hospital at night)
- Books / Magazines
- Cell phone and charger
- Camera / Camcorder (check film, memory card space, batteries, flash, etc.)
- Cell phone and charger
- Money (for food, parking, etc.)
- List of people to call
- Copy of Birth Plan
- Your doula's contact information

Baby

- 1-2 sleepers
- Onesies or diaper shirts
- Going Home outfit
- Socks and mitts
- Hat
- 2 receiving blankets
- Newborn diapers
- Car seat (tried and tested beforehand)
- Warm blanket

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