

What to Bring to the Hospital

Welcoming a new baby is an exciting adventure — and packing your hospital bag is the first step! 🧡

The Maternal Child Unit provides supportive care to families with newborns and children. To help us serve you better (and to make your stay as comfortable as possible), please review the lists below while preparing for your big day.



MOM

Health & Medications

- Any medicines you take (including vitamins, supplements, over-the-counter and prescription medications)

Comfortable Clothing

- Pajamas (hospital gowns are available if preferred)
- Comfortable loose-fitting street clothes for discharge
- Slippers or non-slip footwear
- Underwear
- Supportive nursing bra

Personal Care Items

- Sanitary pads
- Toothbrush & toothpaste
- Hairbrush
- Deodorant
- Mouthwash
- Lip moisturizer
- Chewing gum (for post-operative caesarean section patients)
- Any other personal toiletries that help you feel refreshed

Comfort & Extras

- Your own pillow (optional, but cozy!)
- Camera or phone for photos 📷
- Music or playlist 🎵
- Refillable water bottle
- Snacks for you and your support person

PARTNER / SUPPORT PERSON

- Comfortable clothes (including something to sleep in)
 - Toiletries
 - Phone & charger
 - Snacks and drinks
 - Pillow/blanket if desired
 - Entertainment (book, tablet, etc.)
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BABY

Clothing & Essentials

- Sleepers
- Receiving blankets
- Diapers
- Wipes
- Breastfeeding pillow (if desired)

Going Home

- Canadian-approved infant car seat
 - Please ensure the car seat has a CMVSS label
 - Check the expiry date before arrival
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A Few Helpful Tips

- Pack your bag by 36–37 weeks.
- Keep it somewhere easy to grab.
- Bring only what you'll need — we'll help with the rest!

A Gentle Reminder

- For your peace of mind, we recommend leaving valuables at home whenever possible (including jewelry, large amounts of cash, and important documents). The hospital is not responsible for lost or misplaced items.

We can't wait to support you as you welcome your newest family member 