



Hospital / Birth Centre Supply List

The following items should be packed and ready by your 36 weeks home visit.

Even if you are planning to birth your baby at home, we ask that a small bag is packed and ready to go in the event we need to transfer in.

Mother:

- A clean change of clothes to wear home. Think soft, cozy and stretchy!
- An old T-shirt or nightie (nothing long-sleeved)
- Extra socks or slippers
- Toiletries. (shampoo/conditioner, toothbrush/paste, hairbrush).
- Hair elastic or two, headband. LIP BALM!
- Snacks and Drinks. The Hospital has water machines and some apple and orange juice.

The birth centre has a fridge you can store your snacks in.

- Nursing bra
- Music / Massage oil / Aromatherapy (anything that helps you relax)
- Your prenatal records and folder we gave you!

Support Person:

- Change of clothes
- Camera and extra battery
- Swim suit / shorts
- Snacks and Drinks
- Extra socks
- Money (Food, parking)
- Phone charger

Baby:

- Car Seat! (you cannot leave the hospital in a car without one). Ensure that the car seat is properly installed in your vehicle.
- Undershirt (2)
- Socks
- Hat
- Sleeper or outfit (2)
- Sweater
- Receiving Blankets
- Diapers
- Large warm blanket to cover car seat

Suggested but not mandatory:

- Homeopathic Arnica (used for healing, swelling)
- Calendula Tincture (used in peri-care and on umbilical cords)
- Squeeze Bottle for peri-care.

**** We sell the above items on their own or as part of a birth kit.*