

## What Do I Bring?

### **For mom:**

- Ontario Health Card and other Insurance information
- Antenatal papers
- Medications you take regularly in labelled pharmacy containers (for your health team to review)
- Large sanitary pads (at least 1 package)
- Comfortable clothing for yourself (loungewear, pjs, robe, socks, slippers)
- Breastfeeding supplies: breastfeeding pillow, nursing pads, breastpump
- Personal care items/toiletries (please, fragrance free products only)
- Kleenex
- Extra snacks
- Camera/phone/devices and its charger
- Music or other items for relaxation

**Please note that CKHA does not supply the following items: diapers, pads and undergarments**

### **For support person:**

- Extra pillows and extra blanket or sleeping bag
- Pjs Personal care items/toiletries (please, fragrance free products only)
- Snacks/drinks

### **For baby:**

- Newborn size diapers, wipes, Vaseline/ diaper cream
- Receiving blankets and warm blanket(s) for going home
- Sleepers, clothing for hospital and going home
- Hats, mittens, socks
- Safety approved infant care seat <http://www.tc.gc.ca/en/services/road/child-car-seat-safety/buying-child-car-seat-booster-seat.html>

**Please leave valuables at home. We cannot be responsible for lost, stolen or damaged items.**

**Infant security tags, baby blankets, hospital scrubs or 'greens', gowns and other linen are hospital property and should not be taken home.**

