

Packing for Three

Everything you need for your hospital stay

What you'll need for labour:

- Your birth plan
- Water bottle and snacks
- Comfort aids like massage oil or tennis ball (for back labour)
- Hair band and lip balm
- Stopwatch to time contractions

What you'll need just for you:

- Socks and slippers
- T-shirt, sweater and bathrobe
- Comfortable clothing (maternity clothes from your 6th month)
- Nursing bras and breast pads
- Nursing gown
- Toiletries (including sanitary pads)
- Underwear (no thongs!)

What you'll need for baby:

- Newborn diapers and wipes
- 2-3 pre-washed sleepers
- Warm going-home outfit - including socks, booties and hat
- Receiving blanket
- Approved infant car seat properly installed
- If you choose to formula feed, a preferred infant formula (single-serve ready-to-feed), plus sterilized nipples and bottles



What every expecting dad will need:

- Your partner's pre-packed hospital bag
- Bottled water and snacks
- Change for parking, vending machines and phone calls
(cell phones may not be permitted in hospital)
- List of family and friends to call
- In-labour sign for car - many hospitals waive parking fee
if you're in labour
- List of special requests for midwife/nurse
(cut the umbilical cord)
- Camera and/or camcorder (with your approval of course)