



Interior Health

Pack your suitcase

For mom:

- Sleep wear and extra panties. One pair of disposable panties will be provided by the hospital. Patient gowns are also supplied.
- Sanitary pads - enough for hospital stay and your trip home.
- Bathrobe and slippers.
- Cosmetics, shampoo, deodorant, soap, toothpaste.
- Loose fitting clothes to wear home.
- Regular prescription medications.

For baby:

- Diapers and baby wipes, enough for your trip home as well.
- Baby's sleepers or night gown.
- A blanket to go home.
- Two receiving blankets.
- An approved baby car seat that you have put together and know how to use. It needs to be for a newborn and be the right size for your baby.
- If you bring pillows ensure they are in coloured or patterned pillow cases so you know they are yours and not the hospital's.

For your support person:

- A sleeping bag
- Pillow
- Towels
- Pajamas
- Soap, shampoo, toothpaste
- Any medications they may be prescribed

Please do not bring:

- Large pieces of luggage
- Large amounts of money or credit cards
- Jewelry