



# WHAT TO PACK FOR LABOUR AND DELIVERY

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ET grandir

## 1 ITEMS FOR THE MOTHER

- Health insurance card and hospital card (if applicable)
- Birth plan
- List of medications (if applicable)
- Comfortable labour clothes (if you don't want to wear the hospital gown) and warm socks
- Dressing gown, sleepwear, and slippers
- Underwear
- Clothes for the trip home
- A maternity or nursing bra and nursing pads
- Large, extra-absorbent sanitary pads
- Toiletry kit: toothbrush, toothpaste, hairbrush, comb, lip balm, etc.
- Tissues
- Snacks
- Cash for the vending machines, cafeteria, and parking meters
- Books, magazines, and a pencil and paper
- Cellphone and charger
- Contact list with phone numbers

## 2 ITEMS FOR THE BABY

- Diapers and wet wipes
- Pyjamas and undershirts
- Blankets
- Baby bonnet
- Weather-appropriate clothes for the trip home
- Infant car seat (mandatory for leaving the hospital)

## 3 ITEMS FOR THE MOTHER'S PARTNER

- Sleepwear, a change of clothes, and a pillow (if they plan to stay overnight)
- Food and drinks
- Camera
- Books or magazines
- Toiletry kit
- Cellphone and charger