

You will need to bring a number of supplies for your hospital stay. After giving birth, most patients stay about 1 or 2 nights. On admission to the post-partum unit, you will receive a small starter pack of supplies. Once these run out, you will be asked to use your own items. Here is a list of suggested items to pack in your hospital bag:

#### For Labour

- Your Alberta Healthcare card and 1 piece of photo ID
- Your favourite lip balm
- A hair tie, if you need one
- Glasses (you probably won't want to wear contacts the whole time)
- Music (we have Bluetooth enabled speakers)
- Massage oil and/or massage tools
- A water bottle
- Your favourite clear drink or popsicles (we have a freezer you can borrow)
- A water-friendly bra for the shower or birthing pool

#### For Your Hospital Stay

- 1-2 breastfeeding-friendly nightgowns (or you can use the hospital gowns)
- Robe and slippers
- Shower sandals
- Postpartum underwear (the hospital will supply disposable mesh underwear)
- Breastfeeding-friendly bras (1-2)
- Socks
- Comfortable daytime clothes (you will likely still fit into your maternity clothing)
- Toiletries (e.g. unscented soap, shampoo, deodorant, toothbrush, lotion, toothpaste, etc.)
- Hairbrush and elastics
- A package of large pads for postpartum flow (the hospital will provide 4 but you will supply the rest)
- Cell phone and charger
- A comfortable pillow with an identifiable pillow case (so it is not mistaken for a hospital pillow)
- A breastfeeding pillow, if you have one, so you can get used to using your own, although we can supply one for you to borrow
- A camera
- Toilet paper (we have heard that many patients prefer their 2 or 3-ply from home) 😊

#### For Your Support Partner

- Food and drinks (as hospital meals are only provided to the patient)
- A water bottle
- Change for the vending machines
- Toiletries (e.g. toothbrush, toothpaste, deodorant, etc.)
- Change of clothing
- A comfortable pillow with an identifiable pillow case (so it is not mistaken for a hospital pillow)
- Bathing suit, if necessary (for supporting you in the shower or birthing pool)
- Cell phone and charger

#### For Your Newborn

- A government-approved car seat
- Clothing for the ride home (your baby will likely be spending a lot of time skin-to-skin so will not need many changes of clothes)
- 1-2 swaddle blankets
- Diapers and wipes (the hospital supplies the first few diapers and wipes but then you must supply your own)