

WHAT TO PACK IN YOUR LABOUR BAG

Essential for your labour bag

- Nightshirts, wraps or large t-shirts. Front opening shirts are useful in the early days of breastfeeding.
- Several pairs of comfortable underwear
- Socks/appropriate footwear
- Nursing bra and breast pads
- Tank top/sports bra for use during labour if using the tub/shower
- Loose-fitting clothing to wear home
- Personal toiletries (e.g. toothbrush, toothpaste, hairbrush, shampoo, soap)
- Extra-absorbent sanitary napkins
- Snacks/drinks
- Pen/pencil
- Loose change for vending machines and parking
- Cell phone/charger/camera
- Birth plan/preferences
- Health card and list of medications

Optional items

- Pillow(s), breastfeeding pillow
- Comfort tools: Heating pad/ice packs, massage oils or lotions, items for focal point, music, etc.
- Lip balm
- Hair band or elastics
- List of phone numbers to call after the baby is born
- You may wish to inquire with the hospital where you're planning to give birth to make sure you have everything you need to feed your baby.

Essential for your baby

- Appropriate car seat (mandatory for leaving the hospital)
- Diapers and baby wipes
- Socks and/or booties
- Outfit to wear home/sleepers (adapt according to season)
- Baby blanket
- Hat

Suggestions for the partner or support person

- Change of clothes and comfortable shoes
- Food, snacks and drinks
- Reading material
- Toiletries (if planning on staying overnight with mom)
- Bathing suit to accompany mom in shower

