

# Packing list for the birth centre

Even though you may only be in your birth centre for 1 or 2 days, you'll need to bring supplies for both you and your baby. Here's a list to get you started. It's best to leave any valuables like cash and jewellery at home.

## For you

- a copy of your birth wishes
- Alberta Personal Health Card and other insurance cards
- your Prenatal Health Record—if given to you by your health care provider
- housecoat, slippers, pyjamas or other comfortable clothing—many women choose to wear the hospital gowns
- 3 pairs of maternity underwear
- 2 nursing bras
- unscented lotion, toothbrush, toothpaste, deodorant and shampoo
- 1 package of long feminine pads for heavier flows
- cell phone and charger, or coins for the pay phone and any phone numbers you may need
- loose-fitting clothing to wear home—you'll probably still be wearing your maternity clothes
- black pen to fill out forms
- a water bottle with your name on it
- your blood glucose monitor if you have one

## If you're a partner or support person

- change of clothes, comfortable footwear
- bathing suit to give support in the shower
- toothbrush, toothpaste, deodorant and other personal supplies
- drinks and snacks for both of you—you may not be able to leave to go get food

## For your baby

- 1–2 receiving blankets
- 1–2 undershirts
- 1–2 sleepers
- 1 package of newborn diapers
- 1 hat
- laundry bag or plastic bag for dirty clothing
- baby clothes for going home
- rear-facing car seat

## Other labour comfort supplies

- lip balm or mouth spray
- sugar-free mints or hard candies to keep your mouth moist
- something to focus on like a picture
- music—electronics and a charger
- massage tools such as a tennis ball, unscented oils or lotions
- extra pillows—with bright or patterned pillow cases, so they do not get mixed up with the hospital ones
- birth ball—if you plan to use one
- warm socks and slippers or comfortable shoes
- camera—ask permission from health care providers before taking their picture
- a list of comfort techniques that you want to use