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## What to Bring to the Hospital

### For the Pregnant person

- Comfortable clothes for labouring in
- Extra labour tools as desired (ie oils, music, pictures, massage tools, rice bags, rebozos, etc)
- Lip balm
- Clothes for sleeping in
- Change of clothes (for after the baby is born)
- Toiletries
- Nursing bra

### For the Partner

- Camera, cell phone and charger
- Contact list
- Change of clothes + swim bottoms (for being in the shower or birthing tub)
- Toiletries
- Labor positions/support handout for labour & birth

### For the Baby

- Car seat
- Blanket
- Hat
- Going home outfit
- Vegetable oil (small amount of olive, coconut or other oil applied to diaper area to help with wiping away of meconium)

### Nutrition (for the pregnant person and partner)

- While the hospital does provide meals for the pregnant person while they are at hospital these meals only come at specific times and may not be what they want at that time. Meals are not provided for partners. The hospital does have a fridge and microwave.
  - Light snacks (ie rice crackers, trail mix, popcorn, cookies, fruit gummies)
  - Nutrient dense food for partner (something that will sustain partner, given just a few bites)
  - Fruits (apples, oranges, grapes, bananas etc)
  - Hydration: coconut water, favourite smoothies, juices, “labour-ade” and/or ice cubes made from these
  - Something substantial for after the baby is born

### For the placenta

- Cooler