

What to Bring to Hospital

Bring a small bag with these items for your labour and when you are ready to go home. BC Women's provides you with water, juice and popsicles during labour. We provide you with sanitary pads and disposable underwear after your baby is born. You will receive diapers and wipes for baby while you are in hospital.

Free Wi-Fi is available throughout the hospital.

FOR YOUR LABOUR

	Labour and Birth Guide
	BC Services Card or Driver's License (with Care Card number)
	Medical or hospital forms (e.g. Bright Start Bundle form; Cord Blood Banking Consent form)
	A pair of socks and underwear
	Flip-flops or slippers
	Comfortable clothes to wear while in hospital
	Lip balm
	Water bottle (filtered water is available at the hospital)
	Other drinks that you like (Gatorade, coconut water etc.)
	Snacks (e.g. granola bars, fruit)
	Extra pillow (Use a patterned pillow case to not mix with the blue hospital pillows)

FOR YOUR SUPPORT PEOPLE

	Cellphone, laptop/tablet and chargers
	Music player and small speaker (download music before coming to the hospital)
	Camera and video recorder (charge the cameras before going to hospital; have a large memory card)
	Bathing suit (to assist or get into the shower or bathtub with the laboring woman)
	List of people to call after the birth
	Bedding and pillows (blankets, sleeping bag)
	Toiletries (toothbrush, soap)
	Snacks and drinks

What to Bring to Hospital

FOR AFTER BABY IS BORN

	Toiletries (toothbrush, hairbrush, soap, shampoo)
	Comfortable bra for breastfeeding
	Clothing for baby to wear in hospital (2-3 sleepers or onesies)
	Clothes to wear home
	Baby blanket (receiving blanket)
	Car seat (purchased in Canada)

PLEASE DO NOT BRING

	Valuables. Remove most or all of your jewelry before coming to hospital.
	Cash. Approximately \$20 will be needed for snacks & food for support person. Credit and debit cards are accepted at all hospital cafeterias so no cash is necessary.
	Scents and aromatherapy (some staff are seriously allergic to scents, even lavender).