Items to bring to the Hospital

You must remember to bring your file, in the envelope, given to you by your Midwife at 36 weeks

For you

- 2-3 loose, comfortable garments for labor
- A bathrobe, warm socks and slippers
- Several pairs of full-size underpants
- Maxi or overnight size sanitary pads
- A magic bag or hot water bottle for the labor
- A small bottle of grape seed oil or sweet almond oil for perineal care
- A nursing bra or a comfortable bra
- Personal toiletry articles (toothbrush, deodorant, shampoo, lip balm, etc)
- Change of clothes and personal toiletry articles for your partner
- CD’s or I-pad station
- Camera, video camera (verify that batteries are adequately charged)
- A bag or container with food and juices, water bottle, granola bars, fruit, and ice packs to keep items fresh.
- Clothes to go home in.

Do not forget

- Your Medicare card
- Private insurance papers if you have them
- Your Jewish General Hospital card if you have one
- A pillow (optional)

For your baby

- 2 to 4 disposable newborn size diapers
- 2-3 newborn pyjamas
- 2-3 newborn undershirts and a few pairs of socks
- 1 cotton baby hat
- 2 to 3 baby blankets
- Warm clothing appropriate to season, to go home in
- 1 newborn car seat. It can be very helpful to install the newborn car seat in your vehicle, in advance, making sure that everything is working.

The Jewish General Hospital has a parking lot where you must pay to park your car.