

# What to Bring for a Birth: A Checklist

## For the Mother:

- OHIP card
- Comfortable clothes for the birth
- Clothes or swimsuit to wear in the tub if you wish
- Several pairs extra underwear and socks
- Slippers, clogs, or some kind of comfy slip-on shoes
- Clothes to wear home (that fit when you were 6 months pregnant)
- Sanitary pads (largest you can find)
- Lip balm (keep this handy, e.g. in partner's or doula's pocket)
- Toiletries, including soap and shampoo, toothpaste and toothbrush
- Prescription medication
- Hair ties, clips, bands etc.

## *If you are planning a water birth:*

- Bath pillow (stick-on, inflatable ones are best)
- Foam pads or yoga mat, for kneeling on in the birthing tub

## For the Partner or other birth support person:

- Camera/video camera – fully charged or with spare batteries
- Cell phone – fully charged
- Gum or mouthwash to use after snacking (mother's sense of smell will be acute!)
- Bathing shorts, extra t-shirt
- Change of clothes, toothbrush
- Indoor shoes in winter (to avoid wearing big boots or sock feet for hours)

## For Baby:

- Baby clothes, including undershirt and sleeper
- Diapers
- Blanket, hat, etc. to keep baby warm on the way home
- Infant car seat

## For everyone:

- Small cooler with food, drinks, lollipops for dry mouth (food is NOT provided for partner and other loved ones)
- Music, if you wish, e.g. iPod/MP3 player and ear buds (each Birthing Room has a music player that can be connected to your iPod or MP3 player)
- Battery-powered candles
- Toys, books, food, clothes, etc., for any other children accompanying your family