



## What to Bring to the Centre: A Checklist

### For the birthing person

- your OHIP card, if you have one, and other identification
- loose, comfortable clothes and bathrobe for the birth
- comfy slip-on shoes, such as slippers, moccasins or crocs
- extra comfortable, roomy underwear, and socks
- clothes, a swimsuit, or a sports bra to wear in the tub, if you wish, and a plastic bag to bring them home
- a bath pillow (the stick-on inflatable ones are best)
- foam pads or a yoga mat, to kneel on in the birth tub
- lip balm
- toiletries such as soap, shampoo, toothpaste and brush; also hair ties, clips, or bands
- any medication you need to take
- loose, comfortable clothes to wear home
- large and super-absorbent sanitary or incontinence pads
- favourite snacks and drinks, including gum, popsicles, or lollipops (your mouth may be dry during labour)

### For support people

- change of clothes, extra T-shirt
- bathing shorts or suit, if you plan to use the tub, and a plastic bag to bring them home
- favourite snacks and drinks
- toothbrush, mouthwash, or gum, for after snacking
- a cell phone, camera, or video camera—and a charger or spare batteries

### For babies

- baby clothes: undershirt, sleeper, outerwear for the trip home, hat
- a few diapers
- receiving blanket
- bottles and formula, if you are not planning to breastfeed
- infant car seat

**For everyone, including visitors**

- in winter, indoor shoes (crocs are available at the Centre)
- favourite drinks and snacks for everyone present, including children
- music, if you wish, on your phone or other device (all Birth Rooms have a Bluetooth-enabled speaker)
- battery-powered candles, if you wish, for low light (no open flame is allowed in the Centre)
- toys, books, food, clothes, etc., for any children present

**What we provide**

Beyond the obvious things, we are able to offer:

- towels, pillows, and other linens you will need
- crushed ice
- Bluetooth-enabled speaker, with an auxiliary cable for non-Bluetooth devices
- hairdryer
- birth stool
- birth balls
- crocs, if you forget indoor footwear
- toys and books for kids in our Family Lounge
- free Wifi
- cable TV in the Family Lounge