



## ***Manitoulin Health Centre What to Pack for the Hospital***

### ***For You***

- ✓ Underwear (2 or 3 cotton pairs are best)
- ✓ Bra (nursing bra and nursing pads if you are breastfeeding)
- ✓ Toiletries (toothbrush, hairbrush, deodorant, shampoo)
- ✓ Sanitary pads - **no tampons**
- ✓ Pyjamas, nightgown, housecoat, etc.
- ✓ Slippers or flip-flops
- ✓ Sports bra or bathing suit top for use in whirlpool tub (optional)
- ✓ Chapstick or lip balm
- ✓ Loose fitting clothes for the trip home
- ✓ Music - small CD or MP3 player
- ✓ Camera

### ***For Your Baby***

- ✓ T-shirt (2 or 3)
- ✓ Sleepers (2 or 3)
- ✓ Diapers (12)
- ✓ If you are formula feeding bring formula & bottles
- ✓ Socks/booties
- ✓ Hat
- ✓ Sweater
- ✓ Receiving blanket
- ✓ Heavy blanket (for winter)
- ✓ Car seat

