

WHAT TO BRING TO THE HOSPITAL? LIST OF ITEMS SUGGESTED

We recommend getting your suitcase ready at 36 weeks of pregnancy at the latest.

Make sure to bring:

- Your grey hospital card and your Quebec Health Insurance Card
- Your private insurance card (if applicable)
- Your birthing plan

For Mother:

- Comfortable clothing for hospital stay (pajamas, bathrobe, bra, slippers, socks, etc.)
- Toiletries
- Sanitary pads (maxi overnights), papier tissues, etc.
- Comfortable pillows
- Breast pads
- Pens, note paper, list of phone numbers of family and friends, long distance calling card
- Snacks and drinks
- From Tiny Tot to Toddler – A practical guide for parents from pregnancy to age two* (available at the CLSC)
- List of medication you take, if applicable

For father:

- Comfortable clothes and shoes
- Toiletries
- Comfortable pillows
- Snacks and drinks
- Camera and batteries, video camera
- Chargers for electronics

For baby:

- Diapers – size newborn (24)
- Pajamas, onesies, socks, mittens and hats
- Blankets
- Clothes for going home (according to the season)
- Infant car seat (mandatory for going back home) that meets Transport Canada's regulations (see National Safety Mark at the back of the seat)
- Make sure to understand the functions of the car seat and to learn how to use it

Please note that the hospital is not responsible for the loss or theft of any personal belongings. We suggest you leave your valuable items at home.