

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 (pyjamas, bathrobe, bra, slippers, socks, etc.)
- ☐ Toiletries, sanitary pads (maxi overnights), paper tissues, etc.
- ☐ Comfortable pillows
- ☐ Snacks and drinks
- ☐ Essential oils, massage oil, magic bag, speaker, music list
- ☐ List of medication you are taking, if applicable
- ☐ Breast pads
- ☐ If you have a small supply of colostrum, don't forget to bring it with you before you leave.
- ☐ If you have a breast pump, bring it with you. Breast pumps will be available at the maternity ward if needed for a fee.

FOR YOUR PARTNER :

- ☐ Comfortable clothes and shoes
- ☐ Toiletries
- ☐ Comfortable pillows
- ☐ Snacks and drinks

FOR BABY:

- ☐ Sleeping sack
- ☐ Diapers – size newborn and baby wipes
- ☐ Pyjamas, onesies, socks and hats
- ☐ Some 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.