WHAT TO PACK IN YOUR LABOUR BAG

Essential for your labour bag

- Nightshirts, wraps or large t-shirts. Front opening shirts are useful in the early days of breastfeeding.
- Several pairs of comfortable underwear
- Socks/appropriate footwear
- Nursing bra and breast pads
- Tank top/sports bra for use during labour if using the tub/shower
- Loose-fitting clothing to wear home
- Personal toiletries (e.g. toothbrush, toothpaste, hairbrush, shampoo, soap)
- Extra-absorbent sanitary napkins
- Snacks/drinks
- Pen/pencil
- Loose change for vending machines and parking
- Cell phone/charger/camera
- Birth plan/preferences
- Health card and list of medications

Essential for your baby

- Appropriate car seat (mandatory for leaving the hospital)
- Diapers and baby wipes
- Socks and/or booties
- Outfit to wear home/sleepers (adapt according to season)
- Baby blanket
- Hat

Suggestions for the partner or support person

- Change of clothes and comfortable shoes
- Food, snacks and drinks
- Reading material
- Toiletries (if planning on staying overnight with mom)
- Bathing suit to accompany mom in shower

Optional items

- Pillow(s), breastfeeding pillow
- Comfort tools: Heating pad/ice packs, massage oils or lotions, items for focal point, music, etc.
- Lip balm
- Hair band or elastics
- List of phone numbers to call after the baby is born

You may wish to inquire with the hospital where you’re planning to give birth to make sure you have everything you need to feed your baby.