



HOSPITAL BAG PACKING LIST

PARTNER'S BAG

- ❑ Wallet
- ❑ Cell Phone + Charger
- ❑ Headphones
- ❑ Camera with Extra Memory Card + Charger/Batteries
- ❑ Medications
- ❑ Water Bottle
- ❑ Snacks
- ❑ Glasses/Contacts
- ❑ Important Phone Numbers
- ❑ Comfy Clothes to Sleep In
- ❑ Extra Change of Clothes
- ❑ Toiletries (toothbrush, toothpaste, deodorant, hair gel, etc.)
- ❑ Blanket + Pillow
- ❑ Extra Bag (to take home goodies from the hospital!)

BABIES' BAG

- ❑ Soothers (optional)
- ❑ Swaddles (optional; you can easily use hospital receiving blankets to swaddle)
- ❑ 1-2 Going Home Outfits per Baby (often consists of a short-sleeved onesie and footed sleeper +/- a hat)

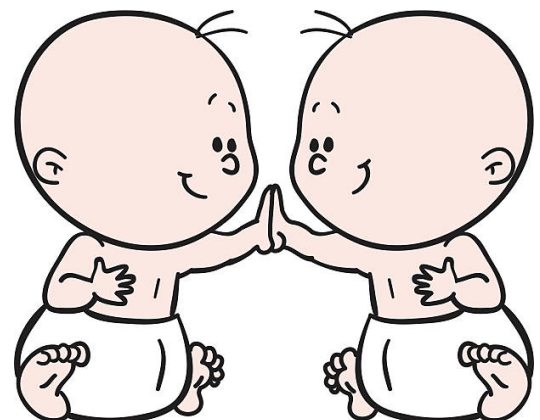
Tip: Pack each babe's going home outfit in a Ziploc bag with 1 receiving blanket, 1 muslin swaddle blanket, and a soother!

- ❑ Toques + Bunting Suits (if delivering in Fall/Winter)
- ❑ Infant Car Seats (bases installed, and seats checked!)
- ❑ Car Seat Covers and/or Baby Blankets (especially if it's winter)

Tip: the hospital will provide diapers, wipes, Vaseline, toques, combs, and receiving blankets

“So many good things come in pairs, like ears, socks and panda bears. But, best of all are the set of twins (or more!), with extra laughter, double grins.

~ Anonymous



MAMA'S BAG

Clothing

- ❑ Nightgown or Pajamas (if you plan to breastfeed, ideally button or zip-down)
- ❑ Robe
- ❑ 1-2 Nursing Bras (optional: nursing pads)
- ❑ 1-2 Pairs Full-Coverage, High-Rise Underwear (the hospital provides mesh panties!)
- ❑ 1 Pair Comfy Maternity Pants (ex: joggers or leggings)
- ❑ 1-2 Comfy Breastfeeding Tops
- ❑ 1 Zip-Up Sweater or Cardigan
- ❑ Socks (loose-fitting and/or compression to help with post-delivery swelling)
- ❑ Bag for Dirty Clothes
- ❑ CHEAP Slippers or Flip-Flops (easy to slip on and off and toss in the garbage on your way out of the hospital)
- ❑ Flat Comfortable Shoes (for going home)

Toiletries & Personal Care

- ❑ Toothpaste
- ❑ Toothbrush
- ❑ Hairbrush
- ❑ Shampoo
- ❑ Conditioner
- ❑ Dry Shampoo
- ❑ Unscented Lotion
- ❑ Nipple Cream (breastmilk works too!)
- ❑ Hairbands + Ponytails
- ❑ Glasses/Contact Lenses
- ❑ Medications
- ❑ Water Bottle
- ❑ Plan for Jewellery. Leave at home or bring a storage container for safe keeping when you remove it before delivery (for both vag or c-sec).
- ❑ Sanitary Pads (optional: the hospital provides heavy pads and a peri-care bottle, or you can bring your own)
- ❑ Body Wash
- ❑ Face Wash/Wipes
- ❑ Face Lotion
- ❑ Lip Balm
- ❑ Deodorant
- ❑ Makeup

Helpful Extras

- ❑ Headphones
- ❑ Health Card/Insurance Info
- ❑ Photo ID
- ❑ Blanket + Pillow (with a colourful pillowcase so the hospital doesn't take it)
- ❑ Notebook + Pen (or use a phone app for tracking feeds + diaper changes, postpartum info from your doctor, details of delivery/complications, names of referrals, etc.)
- ❑ Cell Phone + Charger + Extension Cord (for charging your phone)
- ❑ Breastfeeding Pillow (suggestion: have a single + twin breastfeeding pillow; leave them in the car until your babies arrive to save space inside)
- ❑ Snacks + Drinks (for you and your partner - trail mix, beef jerky, fruit, muffins, protein bars)
- ❑ Optional: portable speaker, cards/games, book/e-reader, iPad/laptop for movies

Note: JPCH Maternal Services has snacks for mamas (juice, milk, ginger ale, popsicles, crackers, cheese, yogurt, jello, pudding, toast, sandwiches). Moms also get 3 meal trays + 2 snacks/day when allowed to eat. You are also welcome to bring food/snacks.