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Hospital Birth Supplies Checklist

- OHIP card
- 1 small unopened bottle of olive oil (for perineum during birth)
- 1 large package of heavy flow or long "Overnight" sanitary pads
- 10 newborn diapers & a packages of wipes, baby hat, 3 set of clothes and blankets
- Soap and other toiletries
- Slippers, flip flops or sandals, an extra underwear and a pair of socks
- Reusable water bottle
- Drinks, e.g.: juices, Gatorade, bottles of water for drinking
- Food for the mother and partner (hospital cafeteria is closed after hours, microwave and fridge available at hospital)
- Car seat
- Outfit for mother and baby to go home