

# Personal items to bring for your stay at the Family Birthing Centre

Here are some items that we suggest you bring with you to the hospital.

## For the person giving birth:

- Up-to-date list of all your medications, vitamins and supplements
- Reusable water bottle
- Support kit: massage oil, tennis balls, wooden roller (massage technique)
- “Maxi” sanitary pads (one bag)
- Health insurance card
- Entertainment: cell phone, chargers, tablet, books, magazines, etc.
- Lip balm, hand cream\*, etc.
- Favorite pillow
- Snacks
- Birth plan, if applicable
- Pen and notepad
- Pyjamas, robe and slippers with non-slip soles
- Loose, comfortable underwear, nursing bra, nursing pads
- Toiletries and personal hygiene items: soap\*, shampoo\*, tissues, hair dryer, etc.
- Clothing for discharge from hospital (approximately fourth month of pregnancy size)

\*Montfort is a fragrance-free environment. Please avoid scented products.

## For the accompanying person:

- Sleeping bag or blankets and pillow
- Cell phone or camera (and charger)
- Change of clothes and toiletries
- Food and snacks
- Reusable water bottle

## For the baby:

- Newborn or size “1” diapers (one bag)
- Alcohol and fragrance free wet wipes
- Pyjamas
- Blankets
- Clothing for discharge (depending on the weather)
- Regulation car seat that meets Canadian road safety standards. It is essential that you know how it works before your baby is born. Bring it to the hospital on the day of discharge.

**Do not bring:** jewelry, large sums of money or valuables. Montfort is not responsible in case of loss or theft.