

PERSONAL ITEMS TO BRING WITH YOU TO THE HOSPITAL

For mom

- Reusable water bottle
- Support kit: massage oil, tennis balls, wood roller (massage techniques)
- Maxi pads (1 bag)
- Health card
- Entertainment: MP3 player, books and magazines
- Lip balm, hand cream, etc.
- Your favourite pillow, nutritious snacks
- Birth plan, if you wish
- Pen, note pad
- Pyjamas, slippers with non-slip soles
- Loose-fitting, comfortable underwear, bra, nursing pads
- Personal care items (soap, shampoo, kleenex, hair dryer, etc.)
- Money to pay for television and telephone service
- Clothing to wear following discharge from hospital (approximate size: month 4 of pregnancy)

Avoid bringing: jewellery, large amounts of money or other valuables. The hospital does not accept responsibility for losses or thefts.

Since Hôpital Montfort has a policy enforcing a scent-free workplace, we advise you to bring scent-free personal toiletries and hygiene items.

For her partner

- Sleeping bag and pillow**
- Camera
- Money for parking, food and telephone calls
- A change of clothes and personal care items
- List of telephone numbers
- Food
- Reusable water bottle

For baby

- Size 1 newborn diapers (one bag)
- Baby wipes (alcohol and fragrance free)
- Pyjamas
- Blankets
- Clothing for hospital discharge (to suit the season/temperature)
- Regulatory car seat that meets Canadian road safety standards. It is extremely important that you know how it operates before your child's birth. Bring it to the hospital on departure day.