

# ITEMS RECOMMENDED FOR HOSPITAL EXPERIENCE

## Labour and Delivery

Watch or Stop Watch (optional)  
Lip protection (Lypsil/Lip Gloss)  
Lotion and/or body powder  
2 pair of socks  
Housecoat  
Underwear  
Hair Ties  
Kleenex

## After Delivery

Soap and shampoo and all items of personal care (toothbrush/paste etc.)  
Watch – pre and post delivery (for breast feeding)  
Breast pads  
Underwear  
Pen to fill out Government documents  
Housecoat (**medium** weight)  
Slippers  
Blow dryer (optional)  
Bra(s) – 1 cup size larger than pre-delivery  
Night gowns  
Sanitary napkins (after delivery) – No Tampons

## Baby Care Items

Diapers (newborn)  
Heavy baby blanket  
Baby wipes/wash clothes  
Vaseline

Hospital Phone # 705-526-1300 Maternity extension 5051 or 5230