



# Hospital Bag Checklist

## TRAVEL LIGHT!

- envelope with antenatal record
- Ontario Health Insurance Plan (OHIP) card
- Blue Birth Bag
- extra pillow
- comfortable clothing to wear home
- comfortable clothing for labour
- slippers or flip-flops
- toiletries
- phone
- money
- snacks
- water bottle
- baby hat
- baby outfit to wear home  
(with undershirt or onesie)
- baby socks
- baby blanket (warm)
- snow suit or car seat cover (in winter)
- car seat (*IMPORTANT: Please learn how to adjust your car seat for a newborn and how to fasten it into your car BEFORE the birth—it's your responsibility*)