

REMINDER



SUPPLIES CHECK LIST FOR HOSPITAL STAY

For Mom

- Alberta Personal Health Care Number
- Other insurance cards, eg. Blue Cross
- Hospital admission card, if available
- Housecoat, slippers, 2 nightgowns, pjs or sweatsuit
- 3-4 panties and 2 bras (nursing bras if breastfeeding)
- 1 package of long, maxi, self-adhesive sanitary pads.
- Toiletries including toothpaste, kleenex, shampoo.
- Coins for telephone and phone numbers
- Loose fitting clothing to wear home
- Your camera and accessories
- Black pen

For Baby

- 3-4 Receiving Blankets
- 3-4 Undershirts
- 4 sleepers or nighties
- 1 package of infant diapers
- hat or a toque
- 1 warm blanket
- laundry bag or plastic bag for soiled clothing to be taken home.
- baby clothes for going home such as: t-shirt, sleeper, hat, receiving blanket, outer blanket
- Approved infant car seat