



# What to bring to Trillium Health Centre for your baby's birth



Print this page, cut out each list following the dotted line, and use it as you pack!



## Before Baby Born Bag Checklist

Pack all of these items into a bag and bring it with you to the Birthing Suite when you come to the hospital to have your baby.

- a pillow
- coloured pillow case
- peri pads
- underwear
- toothbrush and toothpaste
- shampoo and conditioner
- soap
- extra changes of clothes
- slippers
- a watch
- a pen
- other personal items (if you are a diabetic, please remember to bring your glucometer).



## After Baby Born Bag Checklist

Pack all of these items into a bag and leave it in your car/at home and have someone bring it to the Obstetrics Unit after your baby is born.

### For Baby

- pack of newborn diapers
- wipes
- baby wash
- baby blanket
- undershirts
- baby clothes
- car seat

### For Mom (some of these items may already be in your Before Baby Bag)

- Pads
- Soap
- Tooth brush
- Tooth paste
- Shampoo and conditioner
- Extra changes of clothing
- Panties
- Slippers
- Watch
- Pen
- Other personal items

## Too much to pack? Trillium offers a *Mom and Baby Pack* for \$25 that includes:



- Maxi pads
- Blue Pads
- Mesh Panties
- Newborn Diapers
- Baby Wash
- Baby Wipes
- Baby Lotion

The **Mom & Baby Pack** can be purchased at our Mother and Baby (Obstetrics) Unit, Family Care Centre (located at the main floor of Trillium –Mississauga) or during your Prenatal Registration.