



What To Pack & Prepare For Your Birth

Planning and packing for a hospital birth can make your exit to the hospital easy and stress free. Pack your bags at least three weeks before your due date. We recommend that you pack a hospital bag even if you are planning a homebirth.

Hospital Tours

Our hospital is a small facility with three birthing rooms. Women labour and deliver in one private room and then move to another area for the postpartum which can be a private or a shared accommodation. We recommend that both home and hospital clients visit our maternity ward. This will give you and your partner an opportunity to feel oriented and better prepared for the experience. The tour will provide a lot of information about hospital policies. If you cannot attend a tour, your midwife will show you around when you arrive in labour.

To arrange a hospital tour, call the hospital (339-2242) at 10:00 a.m. on Fridays to confirm the tour will be held as scheduled at 12:00 noon. Tours are cancelled if the ward is too busy. Try again the following week.

Your hospital bag/What to pack

- Extra, comfortable pillow
- Bath robe, slippers, socks
- Two loose comfortable gowns/long t-shirts for labour
- Nursing bra/clothes to wear home
- Personal items such as toothpaste, tooth brush, shampoo, soap, menstrual pads, lip balm (The hospital prefers you supply these items, although there is some availability on the ward.)
- Labour aids, massage oils, unopened bottle of olive oil, aromatherapy oils in a spray bottle, birth ball, gel packs, 'magic bags'
- Candles are not permitted and will set off the smoke alarm.
- Favorite CD music for relaxation (Hospital provides a CD player)
- Nutritious food for mother/Dad/siblings present/support person (Hospital meals are served to the mother.)
- Activities/games/books for siblings present
- Photos or items to personalize your hospital room
- Disposable diapers (Hospital prefers that you bring your own.)
- Car seat that meets safety standards (You will be required to have a car seat before you can be discharged.)
- Sleepers, receiving blankets and heavier blanket for baby
- Camera
- Phone numbers of relatives to contact after the birth

Other Preparations:

- Post your midwives pager numbers near your phone
- Have a well running car available with a full tank of gas/a driver
- Frozen meals and baking prepared ahead of time for first 2-4 weeks postpartum
- Prepare of roster of persons to help with housework/child care for 10 days