**MOM/Caregiver:**

* Your Ontario Health Card
* Private health insurance information
* Lip balm
* Personal hygiene products
* Breast pads/breast pump
* Sanitary napkins
* Snacks and drinks for your partner
* Comfortable clothes, pajamas , slippers, nursing or supportive bra, a few pairs of underwear and non-slip slippers
* Anything to help with labor (ipad, music, phone etc)
* Camera

**FOR BABY:**

* Package of diapers/wipes/diaper cream
* Several sleepers
* Socks, hats
* CMVSS approved car seat
* Soother if desired
* Formula if desired

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