PRHC Labour and Delivery

What to bring to the hospital

Essential Items and Documents

☐	Health card (OHIP)
☐	Insurance coverage information (if applicable)
☐	Cell phone and charger
☐	Car seat (please leave in your vehicle until time of discharge)
☐	Cord blood kit (if applicable)

Packing List

☐	Anything that may help make your environment comfortable and calming during labour
☐	Snacks/drinks (adult patients are provided with meals postpartum but not support people)
☐	Indoor non-slip slippers, socks or flip flops
☐	Comfortable clothes for your post-partum stay that allows for easy access for skin-to-skin
☐	Housecoat/sleepwear
☐	Extra underwear and socks
☐	Comfortable clothes for your support person if they are rooming in
☐	Toiletries
☐	Toothbrush, hairbrush, deodorant, etc.
☐	Wet baby wipes
☐	Newborn sleepers and hats
☐	Soother

Hospital Provides

☐	Patient gowns
☐	Disposable mesh underwear *(one (1) to two (2) pairs)*
☐	Peri bottle(s)
☐	Maternal pads *(small quantity)*
☐	Newborn diapers *(small quantity)*
☐	Baby wipes *(dry wipres with peri bottle - bring your own if preferable)*
☐	Baby blankets
☐	Sterile nipples and bottles
☐	Formula
☐	Birthing balls and peanut balls
☐	Pillows and linen

One team, here when you need us most.

www.prhc.on.ca

Form #XXXX, Revised October, 2026

PRHC
Peterborough Regional Health Centre