



Winchester  
District  
Memorial  
Hospital

*We look  
forward to  
welcoming you  
at WDMH!*



## **Your Packing Checklist**

*When the time comes, you'll be busy!  
So it's a good idea to have everything ready for  
your trip to WDMH's Childbirth Centre.  
Please turn over for a list of things to bring.*

*If you have any questions,  
please call 613-774-2422 ext 6860.*

## Recommended Packing Checklist

- Your health card
- Comfortable clothes to wear (including underwear, warm socks, and pyjamas)
- Slippers
- Toiletries (soap, toothbrush, toothpaste, deodorant, hair elastics, etc.)
- Overnight menstrual pads
- Lip balm
- Snacks, water bottle
- Camera with charger or spare batteries
- Things that help you relax (e.g., music, magic bag, massage lotion, battery-operated tea lights, laptop loaded with your favourite TV shows, book, magazine, extra pillows)
- Money for parking (\$5.00 each time you leave the parking lot)

### **For your baby:**

- Diapers (newborn and/or size 1)
- Wipes
- A few outfits
- Hats
- Blankets
- Car seat (make sure you know how to use it!)

### **For your support person:**

- Clothing
- Toothbrush and other toiletries
- Snacks, water bottle

### **Optional:**

- Breast pads
- Nipple cream
- Nipple shield (if you needed one previously)
- Breast pump (if you have one)
- Formula and bottles (if you plan to formula-feed)

Please leave valuables (e.g., jewelry) at home.

Please note that there are many individuals with severe allergies to scented flowers, strong scents, and latex (including balloons). Please do not bring these items to the hospital, and tell your visitors about our no balloon policy. Thank you for helping us to keep these patients and staff members safe!