

WHAT TO BRING TO THE HOSPITAL

Plan to bring the following items for your baby, you and your support person with you:



Toiletries and self-care items



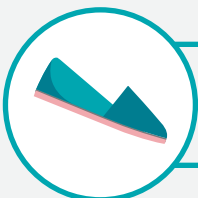
A change of clothes



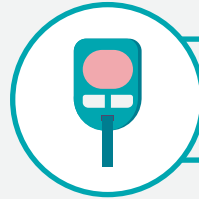
Extra pillows and sleep linens



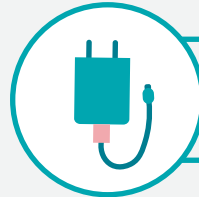
A few snacks and drinks



Comfortable non-slip footwear



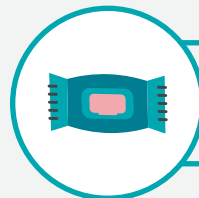
Medications and medical devices you are on



Chargers and adaptors for personal electronic devices



A CMVSS-approved infant car seat



A package of pre-moistened baby wipes



A few baby outfits and blankets

For more information, visit rhhbirthcentre.vch.ca

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