

WHAT to PACK for the HOSPITAL



IN YOUR LABOR BAG:

- Booklets from labor classes
- Camera, video recorder, film/memory cards, flash, batteries, and tripod
- Change for vending machines
- Chapstick® or lip balm
- Comb, brush, hair ties, barrettes, shower cap
- Focal point items
- Food for support person
- List of phone numbers to announce baby's birth
- Phone charger
- Pillows with non-white cases
- Shampoo and conditioner
- Socks for Mom's feet
- Tablet, computer, MP3/CD player, headphones
- Tennis balls in a tube sock for pressure on back
- Time fillers for early labor (magazines, games, cards, and novels)
- Toothbrush and toothpaste

HOSPITAL PROVIDES DURING YOUR STAY:

- Baby blankets
- Baby t-shirts
- Diapers
- Sanitary pads
- Wipes

AFTER THE BABY ARRIVES:

- 2 bras/nursing bras
- 3-4 pairs of underwear
- Baby book (if you are creating one for your baby)
- Clothes for baby pictures
- Nightgowns (front-opening for breastfeeding)
- Nursing pillow
- Robe
- Slippers
- Socks for baby

DAY OF DISCHARGE:

- Blankets for baby
- Car seat properly placed in your car (know how to operate car seat)
- "Going Home" clothes for Mom and baby