



# HOSPITAL PACKING LIST

## a helpful checklist for baby's birth

### Labor Bag (for you)

- Insurance card and ID
- Birth Plan
- Robe, socks and slippers
- Lip balm
- Hard candy (*for dry mouth and throat*)
- Toiletries (*toothbrush, toothpaste, glasses or contacts and contact solution, personal grooming items*)
- Focal point or inspirational item to aid in concentration during labor (*a photo, toy or special memento*)
- Music (*mp3 player or tablet loaded with your favorite music*), earbuds or mini-speaker
- Cards, games, books or magazines
- A favorite pillow (*optional*)
- Anything that will help you feel more comfortable

### For Labor Support

- Lotions for back rubs and massage
- Rolling pin or tennis ball for applying back pressure
- Notepad and pen or electronic tablet/device (*to record observations*)
- Camera and/or video recorder
- Cell phone and charger (*program in phone numbers and emails to notify family and friends with the news*)

### Suitcase (for you)

- Nightgown (*button-down*)
- Supportive bra
- Toiletries
- Hair products – comb, brush, shampoo, hair dryer
- Towel (*optional, if you prefer one from home*)
- Going-home clothes that fit when you were about five months pregnant and comfortable shoes

### For Labor Support Person

- Pajamas, robe and toiletries for long labor and/or staying overnight after the birth
- Change of clothes
- Money for meals in the cafeteria and/or vending machines
- Food and beverage from home

### For Baby

- Car seat (*know how to install it in your car*)
- Going-home outfit: undershirt, sleeper, hat, sweater, blanket and snowsuit (*if wintertime*)
- Clothes for baby photos
- Baby book

*(Hospital provides diapers, wipes, onesies, hats and blankets during baby's hospital stay)*