## What to Pack for the Hospital:

### In Your Labor Bag:
- Booklets from labor classes
- Phone charger
- Camera, video recorder, film/memory cards, flash, batteries, and tripod
- Pillows with non-white cases
- Change for vending machines
- Shampoo and conditioner
- Chapstick® or lip balm
- Socks for Mom’s feet
- Comb, brush, hair ties, barrettes, shower cap
- Tablet computer, MP3/CD player, headphones
- Focal point items
- Time fillers for early labor (magazines, games, cards, and novels)
- Food for support person
- Toothbrush and toothpaste
- List of phone numbers to announce baby’s birth
- Socks for Mom’s feet
- “Going Home” clothes for Mom and baby

### After the Baby Arrives:
- 2 bras/nursing bras
- Nursing pillow
- 3-4 pairs of underwear
- Robe
- Baby book (if you are creating one for your baby)
- Slippers
- Clothes for baby pictures
- Socks for baby
- Nightgowns (front-opening for breastfeeding)
- Table computer, MP3/CD player, headphones

### Day of Discharge:
- Blankets for baby
- “Going Home” clothes for Mom and baby
- Car seat properly placed in your car
  (know how to operate car seat)
- Diapers

### Hospital Provides During Your Stay:
- Baby blankets
- Sanitary pads
- Baby t-shirts
- Wipes
- Diapers