



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