What to Pack for the hospital

For Labor

- ☐ Robe and warm socks
- ☐ Focal point for labor
- ☐ iPod or other music player (charged)
- ☐ Medications in original bottles
- ☐ Popsicles, sour lollipops or hard candy
- ☐ Phone numbers of friends and relatives
- ☐ Glucose monitor if gestational diabetes
- ☐ Chapstick, toothbrush and toothpaste
- ☐ Deck of cards, magazine, book, computer with DVD's
- ☐ Food for the support person
- ☐ Contact lens case and eyeglasses
- ☐ Telephone numbers and emails of friends and family
- ☐ Digital camera and video recorder (charged)
- ☐ Tie backs or clips for long hair
- ☐ Massage oil or lotion
- ☐ Tennis balls or other firm object for back counter pressure
- ☐ Leave your jewelry at home

For Postpartum

- ☐ Nursing bra (one size larger than normal)
- ☐ Bathrobe (Good Samaritan supplies a nursing gown)
- ☐ Slippers
- ☐ Pillow from home with a distinctive pillowcase
- ☐ Pillow and air mattress for your partner if desired (sleeping chair is available)
- ☐ Comfortable clothes for yourself and partner
- ☐ Toilet articles
- ☐ Hair care items (shampoo, hair ties)
- ☐ Breastfeeding book

For the Ride Home

- ☐ Comfortable going home outfit
- ☐ Going home outfit and blanket for baby
- ☐ Infant car seat with base installed in car – make sure it is the correct size for the newborn