

# Coming to the Hospital: What to Bring

It's a good idea to pack an overnight bag with the following items well before your actual labor begins. That way, you'll be ready to go, without extra worry, when the time comes.

## Labor supplies

- Your own pillow with colorful pillowcase (so it's not confused with the hospital pillows)
- Music CDs, iPod or MP3 player
- Cell phone and charger
- Camera with extra memory card and charger
- Laptop computer and charger (Wi-Fi available in the hospital)
- Birth plan
- Baby book (for footprints)
- Slippers or socks for you (required for walking in hallways)
- Bathrobe
- Something to tie your hair back
- Toothpaste and brush for you and your support people
- Breath mints or spray, mouthwash
- Lip balm
- Snacks, or meal, and drinks for your support people (not provided by the hospital)
- Change of clothes for your support people
- Change for vending machines/cafeteria
- Lotion or massage oil
- Your focal point (photo or object)
- Two spongy rubber balls for back labor

- Your labor information from childbirth class
- List of names and phone numbers to call after baby arrives

## After-labor supplies

- Shampoo, hair brush, cosmetics
- One or two nursing bras (or supportive bras, if you're not planning to breastfeed). Do not use underwire bras.
- Clothing to wear home (should be loose-fitting and comfortable)
- Clothing for baby to go home in, appropriate for the weather: T-shirt, socks, one-piece stretchy coverall or sleeper, a warmer layer if needed for the weather. (You will be given a disposable diaper and a knit hat at discharge from the hospital.)
- Car seat. Be sure you know how to use the car seat, and practice installing it in your car. By law, you must have a car seat to take your baby home in. We recommend you attend a car seat clinic before the baby is born to learn how to correctly secure the car seat in your car.

Gowns, sanitary pads and disposable panties are provided by the hospital during your stay.

Note: Please leave jewelry and other valuables at home.