

Packing Your Bags

Preparing for childbirth doesn't have to be overwhelming.



Here's a short list of suggested items that you may want during your stay:

Things that May Keep You Comfortable during Labor

- A deck of cards, books, magazines, music, tablet, etc.
- Bathrobe or labor gown
- Labor support tools
- Comfy slippers/socks (skid-proof)
- Aromatherapy oils and diffuser
- Snacks for your partner

Things that May Keep You Comfortable in the Hospital

- Comfy pajamas and lounging clothes (preferably with button fronts)
- A comfortable going-home outfit for you and the baby (Remember, you will still appear about 4-5 months pregnant when you leave, so bring comfy clothes)
- Toiletries (hair clips, toothpaste, deodorant, shampoo, hair dryer, etc.)
- Snacks for you and your partner
- A few changes of clothes for your partner
- Your favorite pillow (Put a colored cover on it to distinguish from the hospital pillows)
- Speaker for music

Things that You May Want to Bring

- Onesies for baby
- Extra mittens or hats
- Muslin blanket (breathable cotton)
- Infant car seat (Don't bring it to the room until prior to discharge)
- Extension cord
- Large, high-waisted underwear
- Nursing supplies, such as nursing bras/tanks, pads, breastfeeding pillow, etc.

- Pacifier, if desired
- Nail file

Things that Are Provided for Baby in the Hospital

- Diapers
- Wipes
- Blankets
- T-shirts
- Sleep sack
- Hat
- Formula, if desired

Things that Are Provided for Moms in the Hospital

- Sanitary pads
- Mesh underwear
- Hospital gown
- Skid-free socks
- Breast pump, if needed