



What to Bring to the Hospital



We want to make your stay in the hospital as comfortable as possible. Here are a few things to bring when you arrive. You can check them off as you pack your bag(s). **Note: None of these items are provided by the hospital.**

For Your Care

- Insurance provider card
- Obstetrical (OB) office history, if your health care provider has given you a copy
- Notes on past medical history and surgical history, including any allergies you have
- A list of any medicines or supplements that you take at home (name, dose or strength, and instructions for taking)
- Pharmacy name and phone number where you get prescriptions filled
- Advance directives and/or living will, as desired
- Name, location and phone number of your new baby's doctor (pediatrician or family practitioner) *Note: The hospital will take care of contacting them after your baby's birth.*

For You

- Lotion or oil for massage
- Lip balm, lipstick or petroleum jelly to moisten lips
- Item(s) for back massage (tennis balls, back pillow, small rolling pin, cold pack)
- Hair brush, comb, and/or a band for long hair. Hair dryers are available in every room on the Mom-Baby Unit
- Toiletries such as shampoo, toothbrush and toothpaste, mouthwash, soap, deodorant, makeup, etc.

continued

What to Bring to the Hospital

For You *(continued)*

- Robe and slippers to walk during labor
- Gown or clothing, as desired
- Bras and underwear
- Socks
- A going-home outfit for you (loose clothing may be more comfortable)
- Underwear, such as Depend® (unless hospital-provided pads are preferred) for during labor and after delivery
- Body stockings, such as JoeyBand™ or Fetaband®, as desired to help with skin-to-skin
- Essential oils and/or non-water based, battery-operated diffusers
- Pillows or other personal items that may be comforting (we suggest items that are disposable or easily washed)
- Pad, pencils and pens
- Contact lenses and case, lens solutions, eyeglasses, and eyeglass case
- Cell phone and charger
- Bluetooth speaker and favorite music
- Tablet/wireless computer technology
- Camera
- Focal point, as desired
- Birth Plan, as desired

For Your Support Person

- Nutritional snacks (avoid snacks with strong aroma)
- Medicines (including over-the-counter medicines)
- Change of clothes (consider a T-shirt, sweatshirt, sweatpants for layering)
- Toiletries, including a toothbrush, toothpaste, and deodorant
- Cell phone and charger
- Camera or a video camera
- Cards, books and games
- Money for vending machines

For Your Baby

- An outfit for the baby picture, if you choose
- Pacifier
- Cotton swaddle, such as Halo® Sleepsack®, as desired
- An outfit for baby to wear home. Consider a T-shirt, sleeper, booties, blanket and hat (avoid ruffles, nylon and stiff materials)
- Sweater and/or bunting or warm blanket in cold weather
- A car seat (keep the car seat in the car unless your caregiver asks you to bring it inside)