



What to Pack to Take to the Hospital

FOR MOTHER'S USE DURING LABOR:

- Insurance card and pre-admission paperwork
- “Disposable” gown or 2-3 XXL men’s t-shirts, prewashed, and robe (unless you prefer hospital clothes)
- “Disposable” warm socks (at least one extra pair) and slippers
- iPod or MP3 Player, well charged, with comforting music.
- Beverages like water, 100% juice, Gatorade or Organic ReCharge, popsicles or Rite Aid brand Pediatric Electrolyte pops (Rite Aid brand doesn't have aspartame)
- Pillows from home
- Yogurt, bananas and honey sticks for mom
- Lip balm
- Cold or frozen water bottles or soft-drink can - for pressure and cold on lower back
- Hair ties or "scrunchies"
- Sports Bra or bathing suit top for use in the whirlpool tub

FOR PARTNER'S USE:

- Grooming supplies (toothbrush, breath freshener, deodorant, nail clippers, comb)
- Bottled water, juices, food for snacks, such as sandwiches, fruit, cheese and crackers
- Comfortable shoes, sweatshirt, sweater or lightweight jacket (labor rooms are usually very cool)
- Change of clothes (in case of long labor)
- Cell phone and charger (double check that you don’t forget the charger!)
- Camera and extra batteries or charger
- Copies of the Birth Preferences printed on bright paper
- Swimsuit so you can accompany the mother in the shower/tub
- Reading materials, or handwork for slow times when the mother does not need your help
- Phone list to make calls during and/or after labor
- Baby book for getting the footprints done by the nurse when she does the paperwork – call ahead to see if hospital still does footprints in baby books or just on their cards

Items for mother and partner during labor should be packed separately from items for mother and baby after the birth -- partner can exchange bags once mom is in the postpartum room.

FOR MOTHER'S USE DURING THE POSTPARTUM PERIOD:

- Victory Meal- something delicious to eat for your post-labor meal. Hospital food just doesn't cut it. Plan ahead if you know what you want from a specific restaurant, etc.
- Cosmetics, toiletries with extra toothbrush & toothpaste, hair brush or comb
- Going-home clothing (you will still be about 5-6 months pregnant-looking)
- Nursing bras/tanks/tops & comfy PJ pants to wear until discharge from hospital
- Cranberry juice (for after the birth to help prevent bladder infection)
- Earth Mama Angel Baby nipple butter or Motherlove nipple cream
- Tasty snack foods, such as fruit, nuts, cheese and crackers - her favorite treats
- Reading and writing materials, address book, birth announcements
- Money for incidentals
- Waterproof pads (Chux pads) for the car ride home, you can get these from the hospital

FOR THE BABY:

- Car seat (must be in place before you'll be allowed to leave the hospital)
- Going home outfit such as a onesie with pants or footed outfit
- Receiving blanket
- Outside blanket, bunting, booties and cap (in cool weather)
- Undershirt or onesie, babies need layers
- Newborn diapers, diaper bag



Congratulations!