PACKING LIST FOR THE HOSPITAL

Must-Haves

✓ Insurance info, hospital forms and birth plan (if you have one).
✓ 2 pairs of warm, non-skid socks that can get ruined (for walking the halls before and after labor).
✓ A warm robe or sweater you don’t mind sacrificing to the cause.
✓ 2 maternity bras (no underwire) and nursing pads (whether or not you plan to nurse).
✓ Toiletries: pack a few personal items, such as toothbrush and toothpaste, lip balm, deodorant, brush, makeup, and a hair band or barrettes. We do provide soap, shampoo, and lotion, but you might prefer your own.
✓ Cell phone and charger.
✓ Camera, film or extra memory card, battery or charger.
✓ A gym bag packed with a change of clothes and basic hygiene products for your partner.

Take It or Leave It

✓ Extra pillow (with a case that can get ruined, in a pattern distinguishable from hospital white).
✓ Comfortable going-home clothes in six-month maternity size and flat shoes.
✓ Hairdryer
✓ A nightgown for after delivery (you can use a hospital gowns, but your own might help you feel more human).
✓ Slippers
✓ Whatever will help you relax; some suggestions: your own pillow (use a different color pillowcase other than white), music, massage oil, lucky or inspirational objects, anything you find reassuring.
For Your Baby

- An installed car seat - you can't drive your baby home without one! Have the seat properly installed ahead of time and know how to buckle your baby in correctly.

- A going-home outfit. Your baby will need an outfit to go home in, including socks or booties if the clothing doesn't have feet, and a soft cap if the air is likely to be cool. Make sure the legs on your baby's clothes are separate so the car seat strap can fit between them.

- A receiving blanket - we will provide blankets for swaddling your baby during your stay, but you may want to bring your own to tuck around your baby in the car seat for the ride home. Make it a heavy one if the weather is cooler.

What Not to Bring

- Jewelry

- Lots of cash or other valuables.

- Medications, including vitamins. Let your doctor know whether you're on any medications. The hospital will provide them for you if your doctor agrees that you should continue to take them while you're there.

- Diapers - we will provide diapers for your baby during your stay. Leave your supply at home.

- A breast pump - if you end up needing a breast pump for any reason, the hospital can provide one at the bedside during your stay.