What to Pack for Labor, Birth, Postpartum and Going Home

When preparing for the birth of your baby, the following things may be of help to pack and bring to the hospital:

Goody bag (for labor)
For mom’s comfort:
• Robe and slippers for walking in early labor
  (hospital gowns available)
• Warm non-skid socks (hospital provides)
• Toiletries (shampoo, soap, deodorant, body lotion)
• Barrette/band for long hair
• Contact lens case and/or eyeglasses
• Mouthwash/toothbrush/toothpaste
• Brush/comb

For coping with labor:
• Focal point: baby toy, object, picture
• Portable CD, MP3 player or iPod
• Deck of cards, magazine, book
• Paper, pencil
• Sour lollipops
• Lip balm for dry lips
• Lotion, oil, massage tools
• Pillows with colored pillowcases
• Hand fan
• Stress ball

For husband/partner/support person:
• Mouthwash, toothbrush, toothpaste
• Extra change of clothes
• Nutritious snack(s)/beverages
• Medications
• Sleeping attire/boxers
• Swim shorts for whirlpool tub/shower

Miscellaneous:
• Phone numbers, telephone calling card, people to notify of birth
• Change/money for vending machines
• Notify insurance company of your admission, bring your ID and insurance card with you
• Copy of birth plan
• Optional items you may want to bring
  – Camera/video recorder loaded with film, new batteries and battery charger
  – Laptop computer
  – MP3 player, other video options

Postpartum
• Two or three nightgowns/nursing gowns if you choose (hospital gowns provided)
• Nursing or regular bras
• Cosmetics
• Going home outfit:
  – Mom: comfortable clothing
  – Baby: blanket, sleeper, sweater, undershirt, heavy blanket if it is cold
• Car seat – know how to put it in your car
  www.seatcheck.com
  866-seat-check (866-732-8243)
• Birth announcements
• Baby book (footprints) and/or journal