

# What to bring to hospital

Here is a helpful list of items that we recommend you bring with you to the hospital:

- Mask
- Electronics (laptops, phones, tablets, etc.) and appropriate charger(s)
- Insurance card, photo ID and hospital paperwork
- Birth plan/preferences
- Eyeglasses/contacts & solution
- Basic toiletries, including lip moisturizer & hair bands or ties
- Loose, comfortable clothes to wear during your stay
- Bathrobe
- Socks and slippers
- Books, magazines

Suggested items to help with labor:

- Massage lotion and massage tools; example: a tennis ball may ease backache/contractions
- Aromatherapy scents
- Sentimental items from home such as a favorite pillow or blanket
- An item to focus on during labor, such as ultrasound or vacation photo
- Music
- Birthing ball
- LED candle

## **For Support Person:**

- Directions to hospital
- Electronics (laptops, phones, tablets, etc.) and appropriate charger(s)
- Basic toiletries
- Snacks, mints, gum

## **For Mom after baby is born:**

- Snacks
- Nightgown
- Nursing bra
- Loose, comfortable clothing and shoes for when you leave the hospital

## **For Baby:**

- Infant car seat (installed in car)
- Receiving blanket
- Pair of socks or booties
- Clothing to wear when leaving hospital
- Special clothing for photos (if desired)