

Packing Your Hospital Bag

General

- Completed insurance or pre registration forms and healthcare insurance card
- Heavy socks to wear in delivery room
- Cotton nightgown or T-shirt for labor
- Lip balm, lollipops or fruit drops to use during labor
- Books or magazines
- A nightgown for after the delivery
- Slippers with rubber soles
- 2 Nursing bras
- 3 pairs of panties
- Toiletries (Brush, toothpaste, soap, shampoo, etc.)
- Hair band
- Clothes for going home, preferably loose fitting
- Glasses (You can't wear contacts during labor)
- Sanitary pads (check to see if the hospitals supplies them or not)
- Your Birthplan

Pack For Labor

- Watch with a second hand (For timing of contractions)
- Talc or cornstarch for massaging
- Paint roller or tennis ball to massage your lower back
- Tapes, CD's and a player
- Camera and film
- List of telephone numbers to announce the birth of your baby
- Change for public phone
- Light snacks for your partner or labor coach

Pack For Your Baby

- Clothes for the trip home (Vests, baby grows, hat and socks)
- Baby blankets
- Diapers
- Car seat