

Labor & Delivery Checklist

Labor Items:

- Birth Plan
- Flip Flops, slippers and/ or socks
- Glasses and contact-lens case
- Lip moisturizer
- Pillow
- Focal point
- Massage items (lotion, rice sock, tennis ball)
- Music, movies, magazines, etc
- iPod, iPad, laptop, chargers, etc.
- Camera and charger/ batteries
- Phone, charger, calling card
- Popsicles (avoid red)
- Snacks for coach
- Baby book



Postpartum Items:

- Toiletries (hair brush, toothbrush, toothpaste, shampoo, etc.)
- Nursing bra and Nursing pads
- Nursing pillow
- Booties/ socks for baby
- Cap and hand mittens for baby
- Roomy going home outfit for mom
- Gift for big brother or big sister
- Infant car seat
- Cash for vending machines/shoppette/subway/ cafeteria
- If planning on formula feeding, bring enough for your entire stay at the hospital

USNH Okinawa will also provide for you the following items:
night gowns, underwear, maxi pads, robes, diapers, blankets, and baby t-shirts.

- * Wifi is available at USNH Okinawa at the MICC (Maternal Infant Care Center)
- * Bring your birth plan to your 36-week appointment to be reviewed!
- * In the first few weeks of a baby's life, pacifiers can interfere with the establishment of breastfeeding. Therefore, USNH Okinawa does not supply pacifiers after delivery.

