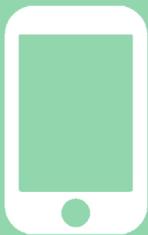


Packing List

for your L&D hospital bag

- A copy of your Birth Plan
- Pillows (1-2) with extra change of pillow cases, breastfeeding pillow
- Lip balm
- Hair ties/wraps/clips and brush/comb



- Cell phone and camera with chargers
- Personal Hygiene supplies (shampoo, soap, toothbrush)

and cosmetics (Soap/Shampoo are available)

- Pajamas/night gown and Bathrobe
- Loose fitting and comfortable clothes for ~2 day stay after delivery (usually still fit in 6-9 month pregnancy clothes immediately following delivery) and “Going Home” outfit
- Well-fitting bras (nursing or regular) and Bra/Nursing Pads



- Socks and Bedroom Slippers
- Snacks for after delivery



- Sponsor’s Unit Contact Information
- Baby Book for foot prints



- Baby clothes, hats, socks, mittens, or special blankets
- Baby’s going home outfit (to include hat)
- Infant car seat for day of discharge
- Support Person/Spouse should bring a change of clothes, hygiene supplies, extra pillow/blanket, snacks, and drinks

Optional Items

- Personal Birthing Ball or Peanut Ball
- Lotion for massage, Tennis ball/roller for back massage, or rice sock
- Time Passers: iPod, computer, magazines/books, playing cards
- Pacifiers

