

Mom's Packing List

For Labor & Delivery

Pillows (1-2) with colored or patterned case
Chapstick
Pen
Time passers book to read, playing cards, videotapes (NMCP does not have DVD players)
Tape or CD/MP3 player and tapes or CDs
Focal Point
Birth Plan
Information for a Redcross message & email address for Public Affairs Office to send a baby picture
Personal phone book and calling card
Change for the vending machines or snacks for the support person
Camera and film
Brush/comb
Band or barrettes to put hair up and out of your face
Socks
Slippers
Lotion for massage
Tennis ball/roller for back massage
Baby Book for foot prints after birth They will foot print your baby and put prints on anything your want, but they only do this one time.
Sweater or sweatshirt and a change of clothing for support person. It is sometimes cool in the labor rooms and you may get wet if mom want to use a shower to help relax between contractions.

For the Mother-Baby Unit

Pajamas/night gown
Bathrobe
Panties and adhesive peri pad (bring your own, preferably with wings)
Well fitting bras (nursing or regular)
Bra Pads
Baby clothes, especially socks
Toothbrush/toothpaste
Grooming aids and cosmetics (NMCP provides soap/shampoo but you can bring your own)
Mom' going home clothes (loose fitting)
Baby's going home outfit (to include cap) and blanket
Infant car seat for day of discharge

The mother-baby unit will provide diapers and wipes while in the hospital.