Maternal Infant Care Center (MICC)

Packing list suggestions

**Labor Items:**
- Birth Plan
- Pillow(s)
- Flip Flops/slippers and or socks
- Music, Movies, magazines, etc.
- Massage Items (lotion, rice sock, tennis ball)
- Diffuser (aromatherapy), *no candles (lit)*
- Focal Point
- Popsicles (avoid red)
- Snacks for support person(s)
- Cell phone chargers, calling card
- Baby Book
- Glasses and contact lens case
- Lip moisturizer
- Air Mattress (for spouse/support person)
- Pillow/Blanket (for spouse/support person)
- Laptop & chargers
- Camera (batteries)

**Postpartum Items:**
- Toiletries (hair brush, elastics, shampoo, soap, lotion, etc.)
- Nursing bra and nursing pads
- Nursing pillow
- Change of clothing for baby during hospital stay
- Booties/Socks for baby feet and hands
- Cap and mittens for baby
- Comfortable going home outfit for mom
- Going home outfit for baby
- Infant car seat
- Blanket for baby going home
- Cash for vending machines
- Credit/Debit card for Galley (cafeteria)

**USNH Okinawa also provides for you the following items during your stay with us:**
- Night gowns, disposable underwear, maxi pads, robes, baby blankets, baby diapers, baby wipes and basic toiletries (toothbrush, toothpaste and floss kit).

- Wi-Fi is available at USNH Okinawa MICC.
- Blu-ray DVD player and a television is available in each room.
- Telephone in each room.
- Please bring your birth plan to your 36 week appointment to be reviewed by your OB provider.
- 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.
- Newborn Photography is *not* available at USNH Okinawa.