



# What to Bring to the Hospital

## For Mom:

(Everything you will need for your stay in the hospital is provided for your convenience, however, if you want to use your personal belongings these are the things you may bring.)

- Robe or Nightgown
- Nursing Bra (if breastfeeding)
- Socks, slippers or flip flops
- Panties
- Sanitary Pads
- Personal grooming items
  - Deodorant, shampoo, soap, brush/comb, lotion, makeup, etc.
- Maternity clothes to wear home



## For Baby:

(Everything the baby will need for his/her stay in the hospital is provided for, however if the parents want to use baby's personal items, these are the things they may bring.)

- Undershirts
- Booties, Hat, Mittens
- Receiving blankets
- Diapers
- Baby wipes
- Gown or other clothing for bringing baby home
- Heavy blankets (depending on the weather)

## For Dad:

- Next day's clothes
- Toiletries and razor



## Miscellaneous Items:

- Camera, film, video camera
- Address book, phone list
- Calling cards (There is a DSN phone in every postpartum room, any calls outside Yokosuka base or Cell phones need to use a calling card.)
- Music and games to pass the time.

## Must Bring Item:

- Infant Car Seat (Baby must be in an infant car seat before they could leave the ward.)

