

WOMEN'S HEALTHCARE THROUGH THE LIFE SPAN

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PACKING LIST FOR THE HOSPITAL

FOR LABOR:

- Birth Plan
- Insurance card
- Pillows with colored cases (not to get mixed up with hospital cases)
- Gown or night shirt, slipper socks, robe
- Hair band or barrettes
- Glasses or contacts
- Toiletries include lip balm, toothbrush/paste, pads, shampoo, deodorant
- DVD's, CD's, books
- Massage tools like oils, lotions, tennis ball, labor ball, beanbag
- Familiar focus or support picture/object
- Rice pack to heat up or hot water bottle
- Light snacks or beverages
- Some money
- Camera and extra film/charged batteries
- Clothing for tub if desired to wear

POSTPARTUM:

- Nightgown, bra, (Nursing) nursing pads, maternity underwear
- Healthy snacks for after
- Address book
- Loose fitting clothes for trip home/flat shoes to wear home
- Ear plugs

FOR BABY:

- Car seat
- Outfit to go home, blanket, cap, socks
- Diapers/wipes
- Pacifier if desired

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