

## What To Pack For The Hospital

### Mom's Labor Bag Ideas:

- Insurance card
- Lip balm
- Lotion or oil for massage
- Hand-held massagers
- Pillow
- Toothbrush/toothpaste
- Breath mints/Lollipops
- Music
- Bathing suit top/Sports bra
- Dry socks
- Camera/chargers/batteries
- Cellphone/Laptop/chargers
- Hand-held fan
- Hair clips/rubber bands
- Eyeglasses/Contact lens products
- Watch/clock with secondhand
- Focal Point
- Playing cards, magazines/books

### Bag For Hospital Stay Ideas:

- Clothes to wear home
- Nursing bras
- Nursing pads
- Nightgown/Pajamas
- Underpants
- Sanitary pads
- Toiletries
- Cosmetics
- Hair care equipment
- Baby clothes to wear home
- Baby blanket
- Baby book

### Tips For Your Support Person

- Install car seat
- Last minute details/chores
- Several changes of clothes
- Toiletries
- Sweatshirt/jacket
- Toothbrush/toothpaste
- Breath mints/gum
- Any medications
- Pillow
- Food/snacks/drinks
- Camera/chargers/ batteries
- Cellphone/Laptop/chargers
- Change for vending machines
- Be flexible

