



WHAT TO PACK

A list of suggested essentials when packing for your hospital stay.

Mother:

- Comfortable clothing. You are welcome to wear your own clothing: hospital gowns and robes are available to you as well. Typically, clothing that fit you around 6 months of your pregnancy will also fit you to wear home post-delivery.
- Nursing bras or tanks (make sure to buy them larger than your current size as your breasts may grow as your milk comes in. Also, no underwire bras.)
- Bathrobe, if desired.
- Shower sandals.
- We will provide you with pads and underwear during your stay.
- Hygiene products: shampoo, conditioner, body wash, lotion, comb or brush, hair-tie or hair band, deodorant and mouth care products. Some of these items can be provided to you upon request as well.
- Phone charger—this is the number one item left behind, be sure to pack away when not in use.

Baby:

- Clothing for the baby to wear home. We suggest that you bring a couple different sizes as babies come in all shapes and sizes! It is suggested to dress your baby one layer warmer than you would dress yourself.
- We will provide diapers and wipes!
- Car Seat

- A blanket to cover baby with when you go home. To keep hospital costs down, we ask that you leave the hospital-property blankets and t-shirts with us upon discharge.

Support person(s):

- Comfortable clothing, including sleepwear.
- Hygiene products, and any medications.
- Snacks. Insurance only covers the cost of food for the patient, be sure to have food or snacks for between hospital cafeteria hours. Each post-partum room has a mini-fridge for your family to use.

Items available in our labor and delivery rooms:

- TV
- White noise machine
- Exercise ball
- Peanut ball
- Birthing stool upon request
- Heating pad
- Theragun