

## Packing for the Hospital

Assemble all that you can by 37 weeks so that you can relax during the last weeks of pregnancy knowing you are ready to go!

\*Baby Car Seat in the Car

### **Labor Bag:**

\*Several Pillows with non-white cases

\* Music (Ipod, with player, CDs, etc)

\*Multiple copies of Birth Preferences on colored paper

\*Complete pre-admission paperwork, insurance cards

\*Camera, cell phone and chargers

\*Light reading material

\*Lip balm, hard candy to keep mouth moist

\*Snacks for labor--crackers, fruit, granola, jam, peanut butter, juice

\*Toiletries--include glasses and items for contact lens care

\*For Dad: extra t-shirt. Bathing suit to get in shower or tub with mom

\*For Mom: outfit to birth in, slippers, robe

### **Recovery Bag (can stay in the car at first):**

\*For Mom: nursing bra, nightgown, a going home outfit close to the size worn at 5-6 months pregnant

\*For Dad: 1 or 2 changes of clothes

\*For Baby: Going home outfit that car seat buckles will accommodate, outfit for hospital pictures, a special blanket, cap, socks, baby book

\*Gift for sibling from your new baby