



# PACKING FOR THE HOSPITAL AND ITEMS TO HAVE AT HOME

Expectant parents have nine months to pack, yet some rush to the hospital without giving it much thought. It's a good idea to pack for your hospital stay at least three weeks before your due date. The following guidelines will help ensure you are ready to go.

## For Mom

- One or two nightgowns
- Robe
- Slippers
- Good support bra
- Outfit to wear home
- Hair necessities such as brush/comb, hair dryer, curling iron
- Toiletries such as toothbrush/toothpaste, deodorant, makeup, contact lens case/solution, glasses, shampoo

## For Mom's Labor Bag

- Lists of names and phone numbers of people to notify about the birth
- Change for vending machines and parking meters
- Goodies for the coach
- Insurance cards/information

## For Baby

- Outfit for hospital photos if you wish
- Outfit to wear home (please keep the weather in mind)
- Car seat - Must be properly installed in your car and ready to use

## For the Family

- Mom - a surprise gift for father and/or siblings
- Dad - a surprise gift for mother and/or siblings
- Baby - a surprise gift for siblings

## At Home

- Be sure to have chosen a doctor for your baby!
- T-shirts/onesies
- Socks/booties
- Sleepers
- Diapers
- Baby wipes
- Burp pads / bibs
- Sheets
- Hooded towels /wash cloths
- Bath tub
- Cotton swabs
- Rubbing alcohol
- Mild soap or baby bath
- Vaseline
- Rectal thermometer (digital OK)
- Large diaper bag
- Extra pacifier
- Infant nail file
- Bottles (even if breast feeding)
- Formula (even if breastfeeding)
- Nasal aspirator