**Supplies for hospital**

**For mom:**
- Toothbrush/paste
- Hairbrush. Hairtie
- Lip balm
- Gown and robe or something easy access if you don’t want to use hospital gown
- hot/cold packs to relieve pain
- Warm socks/slippers
- Blanket or shawl
- Music
- Personal comfort items (pillow, picture, flower…)
- Favorite juice/ popsicles/ electrolyte drink (coconut water, nuun, pedilyte…)
- Change of clothes to go home in
- Food

**For dad:**
- Grooming supplies
- Food for snacks
- Sweater
- Slippers
- Swimsuit
- Book
- Camera

**For Baby:**
- Clothing for trip home
- Receiving blanket
- Warm blanket
- Car seat
Supplies for home birth

Disposable waterproof underpads
Sterile 4 by 4 inch gauze pads
K-y jelly
Bulb syringe
Cord clamps
Squeeze bottle to cleanse perineum
Waterproof mattress cover
Wet, folded washcloths placed in plastic bags and frozen
Thermometer
Basin for the placenta
Washcloths, hand towels and both towels
Bed sheets
Trash bags
Birthing tub
Sanitary pads
Food and drink for team
Turn up water heater