

What to bring to the Hospital/Birthing Center

You should have two bags packed and ready at least 2 weeks before your due date – one for you and one for baby. If possible, keep both bags in your car in the event you have to go straight from a doctor/midwife appointment to the hospital/birthing center.

The baby's bag is easy as where you deliver will have an ample supply of items while you are there:

- A couple of diapers and wipes, a couple of onesies and a couple of pajamas with coverings for the feet and hands. Bring one newborn size and one 0-3m size
- A blanket or sleep wrap and a cap for her head and you should be all set.

This small bag can rest in the car seat that you can bring with you to your labor room.

The bag for mama will be more extensive:

- At least two copies of your birth plan, with tape to put them where they will be seen the most (entrance to room, monitor station)
- Your pediatrician's contact information
- A fresh change of clothes from the ones you came to the hospital in
- A warm bathrobe and well-worn slippers and cozy socks
- A nightgown if you don't like the idea of wearing the hospital gown
- Two sports or nursing bras and a bathing suit top if you have the option of a bathtub
- Your breast pump if you plan to breastfeed (this is also helpful for nipple stimulation during the early phase of labor)
- Hair ties and hairbrush and a small bag of cosmetics and personal care items (the hospital/birthing center will have these but your own product will make you feel better, I promise).
- Small portable speaker with a playlist on your phone (include an app that has soothing nature sounds); charging cord(s) for both
- Aromatherapy items
- Snacks (salty and sweet) and metabolic drinks (like Gatorade) and fresh-cut fruit (like oranges); avoid snacks that have a lot of fat and animal protein