**What To Take To The Hospital**

**Items For Use During Labor:**

* 2 copies of Birth Preferences
* Educational materials from childbirth preparation class
* Lightweight Robe, nightgown, partner’s t-shirt, socks
* Speakers/Earphones to listen to music
* Drinks: Electrolyte drinks like Recharge or Emergen-C (liquid or made into popsicles and stored in cooler), favorite clear liquids like juice, herbal tea, miso soup
* Plastic drink bottle with straw
* Honey sticks for quick energy
* Easily digestible foods (ie: yogurt, bananas, sliced mango, applesauce, protein or granola bars)
* Lotions or oils for massage and massage tools
* Essential oils
* Labor log of contractions
* Reading material or playing cards
* Unflavored lip balm
* Toothbrush/toothpaste, breath freshener
* Hairbrush, barrettes or “scrunchies”
* Glasses/contact lens case
* Rice sock, heat packs, hand-held fan, focal point
* Birth Ball

**Personal Items for Mom after the Birth:**

* Pillows
* Toiletries: toothbrush and toothpaste, hair care items, shower items
* Slippers with non-skid soles or extra socks
* Gowns that open in front for breastfeeding ease
* Nursing bras, undergarments
* Cranberry juice (to help prevent bladder infection)
* Lansinoh or other nipple cream for sore nipples
* Snack foods such as fruit, nuts, favorite treats
* Reading and writing material, address book birth announcements
* Waterproof pads (chux pads) for the ride home (you can get from the hospital)
* Breastfeeding pillow
* Clothing to go home in
* Witch Hazel (to put on sanitary pads). Helps perineum heal more quickly and with less pain

**Personal Items for Partner:**

* Food such as frozen dinners, sandwiches, fruit, cheese and crackers
* Beverages
* Change of clothes in case of long labor
* Lightweight jacket or sweater (labor rooms are often very cool)
* Swimsuit so you can join mom in the shower or tub
* Reading material for times when mother doesn’t need your help

**Items for baby:**

* Baby book for getting footprints which are done by the nurse – make sure the hospital will do for you.
* Clothing to go home in and diaper bag
* Warm blanket and clothing, booties and cap (in cool weather)
* Receiving blanket
* Newborn diapers if you have chosen to do cloth or natural disposable diapers
* Car Seat

**Misc:**

* Insurance card and pre-admission paperwork
* Cell Phone and charging adaptor
* Camera and charging cord
* List of phone numbers of family, friends and support people
* Change for vending machines
* Laptop and power supply

**Tip:**

Pack items for mom and partner separately from items for mother and baby after the birth. The partner can exchange these bags once mom is in the postpartum room.