

What to Pack for the Big Day

❖ Labor

- *Robe & slippers for walking during labor*
- *Sports bra or nursing bra*
- *Focal point(s)*
- *Favorite music (The hospital has Wi-Fi available)*
- *Hard candy*
- *Lip balm*
- *Lotion or oil for massage*
- *Toothbrush/toothpaste*
- *Deck of cards, magazines, book*
- *Contact lens case and eyeglasses*
- *Pillow in a colored pillowcase*
- *List of phone numbers of people to notify of the birth*
- *Hair bands/clips*
- *Camera/camcorder with chargers*
- *Phone charger*



❖ Overnight bag for Dad

- *Toiletries*
- *Couple of changes of clothes (including for sleep)*
- *Snacks*
- *Change for the snack machine*

❖ Postpartum

- *Nursing bras/pads if you plan to nurse*
- *Sanitary pads*
- *You can bring your own clothes to wear while in the hospital if you would like but the hospital gowns work great for nursing, are comfortable, and you don't have to worry about washing them*
- *Going home outfit for mom-something you would have worn when you were about 20 weeks pregnant*
- *Going home outfit for baby*
- *Baby book*
- *Car seat-make sure to test it in the car before taking baby home*