

## What to Pack

Having the things you'll need at the hospital or birthing center packed and ready to go well in advance of your due date is important.

You probably won't have the time or energy to do it once you're in labor, and you'll have the peace of mind of knowing that it's already taken care of.

### LABOR BAG CHECKLIST

Your labor bag will contain essentials and things that will help you feel comfortable during labor.

#### For Expectant Mom:

- Insurance card and hospital paperwork
- Eyeglasses (if you need them)
- Loose, comfortable clothes
- Book, magazine, or cards for early labor
- Bathrobe
- Socks & slippers
- Hair bands, ties, or barrettes
- Lip moisturizer
- Snacks
- Rolling pin or tennis ball for backache
- Massage lotion & tools
- Hot rice sock
- Aromatherapy scents
- Sentimental item from home, such as a favorite pillow or blanket
- Focal point, such as an ultrasound or vacation photo
- Music
- Birth ball (if not provided by hospital)
- LED candle
- Birth plan
- Basic toiletries

#### For Partner:

It helps to have your own bag of things to make you comfortable during labor and an overnight stay. Bring practical things, and don't be surprised if you're also put in charge of documenting the whole experience.

- Directions /map to hospital
- Camera, film, videotape, and/or memory card and batteries
- Snacks
- A few dollars and loose change for parking and vending machines (do not bring more cash than you'll need, credit cards, or other valuables)
- Mints or chewing gum for fresh breath (your partner may be extra sensitive to odors during labor!)
- Basic toiletries, including a toothbrush, toothpaste, and deodorant
- Change of clothes
- Bathing suit in case you help your partner in the tub or shower during labor
- Cell phone and charger
- Phone numbers of friends and family
- Calling card

### POSTPARTUM BAG CHECKLIST:

Pack separate bags for mom and baby to help you stay organized. If your labor room is small, you can leave the bag in your car until after your baby is born to prevent it from cluttering your labor room. The hospital may be able to provide some essentials, but bring the following items to be safe.

#### For Mom:

- Nightgown
- More snacks
- Nursing bra
- Breast pads
- Maternity underwear
- Toiletries
- Hairbrush
- Address book and phone card
- Comfortable, loose going-home outfit and shoes

#### For Baby:

- Infant car seat
- Going-home outfit (a 'onesy' is easiest)
- Receiving blanket
- Pair of socks or booties
- Extra cap