



Packing for the Hospital

Packing for the hospital can be a daunting task. It is best to get some things ready before your due date just in case you go into labor a little earlier. Many new moms have found this guide useful during their labor and deliveries. We suggest you pack a small bag for your time in Labor and Delivery and a larger bag that you leave in the trunk of your car until you are settled into your Mother/Baby room.

Labor and Delivery Bag (small bag)

- Health insurance card
- Prenatal records from physician's office
- Robe
- Slippers
- Socks
- Toiletries (*toothbrush, toothpaste, deodorant, lip balm, makeup, hairbrush, shampoo, soap, lotion, hair band, etc.*)
- Magazines
- Glasses or contacts and solution
- Baby book
- Camera
- Address book
- Headphones/earbuds
- Cell phone and charger

Mother/Baby Room (larger bag)

- Nursing bra(s)
- Nursing pillows
- Nightgown
- Pillow from home

Essentials for Baby

- Infant car seat (*install the car seat in your car prior to delivery*)
- Hat
- Booties/socks
- Receiving blankets
- Gowns or onesies

Essentials for Siblings

- Crayons, markers, paper, coloring books
- Books
- Toys
- Snacks