WHAT TO BRING to the HOSPITAL

You should have a hospital bag packed and easily accessible at least four weeks before your due date. Here is a checklist of some of the most common essentials.

FOR THE MOTHER
- Lotion
- Warm socks
- Lip Balm
- Sour lollipops for quick energy and to help keep your mouth moist
- Tennis balls or other firm objects for back counter pressure
- Mints or gum
- Clips/bands for long hair
- Two nursing bras if breastfeeding or one regular bra
- One or two nightgowns (with button down fronts for breastfeeding)
- Toiletries such as toothbrush/toothpaste, shampoo, deodorant, etc.
- Hairbrush and make-up
- Bathrobe, Slippers
- Address book with phone numbers
- Calling card or cell phone
- Cell phone charger
- Loose fitting outfit for going home
- Nursing bra and nursing pads
- Bath robe, comfortable shoes and socks

FOR THE LABOR PARTNER
- Pajamas, Robe, Slippers (if planning on staying overnight)
- Changes of clothes
- Camera and film, camcorder
- Quick, nutritious snack (avoid foods with distinct odors)
- Mints or gum
- Extra pillow
- Cell phone charger
- Address book with phone numbers
- Calling card or cell phone
- CDs, DVDs, Mp3 player, magazines, etc.
- Change of clothes for when you leave the hospital
- Toiletries for yourself such as toothbrush/toothpaste, shampoo, deodorant, etc.

FOR BABY
- Baby clothes
- If using cloth diapers, two for going home (hospitals only use disposable diapers)
- If using cloth diapers, two diaper pins or Velcro diaper covers
- One undershirt
- One receiving blanket
- Outer blanket or snuggles with legs
- Hat and pair of booties
- Car seat