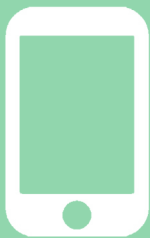


# Packing List

for your L&D hospital bag

- Birth Plan if you have one
- Pillows (1-2) with extra change of pillow cases, breastfeeding pillow
- Lip balm
- Hair ties/wraps/clips and brush/comb



- Cell phone and camera with chargers
- Personal Hygiene supplies (shampoo, soap, toothbrush)

and cosmetics (peri-care items are provided- pads, peri-bottle)

- Pajamas/night gown and Bathrobe

■ Loose fitting and comfortable clothes for ~2 day stay after delivery; easy for skin to skin and nursing



- Well- fitting bras (nursing or regular) and Bra/Nursing Pads



- Socks and Bedroom Slippers
- Snacks for after delivery, clear liquids during labor

- Sponsor's Unit Contact Information

- Baby Book for foot prints

- Baby clothes, hats, socks, mittens, or special blankets , going home outfit

- Hospital provides diapers, wipes, formula, bassinet, blankets

- Infant car seat for day of discharge

- Support Person/Spouse should bring a change of clothes, hygiene supplies, extra pillow/blanket, snacks, and drinks



## Optional Items

- Personal Birthing Ball or Peanut Ball

- Lotion for massage, Tennis ball/roller for back massage, or rice sock

- Time Passers: iPod, computer, magazines/books, playing cards

- Pacifiers

