

WHAT TO PACK FOR THE HOSPITAL

As your due date approaches, you should begin the final preparations for the arrival of your baby. Checklists are a good way to ensure you remember every detail and are ready when your contractions begin. The list below includes items and ideas that will help you prepare for your little one's arrival. We suggest having your "go" bag packed about three weeks before your due date.

FOR MOM:

- Birth Plan (see page 17)
- Warm socks or slippers
- Picture or small item to use as a focal point
- Warm pack
- If breast-feeding – nursing bra, breast pads and breast pump
- Hair care items
- Loose fitting clothes to wear home, like yoga pants and a T-shirt – something from your fourth or fifth month of pregnancy should be comfortable
- Lotion/oil for massages (unscented)
- Lip balm
- Back massager
- Robe
- Toothbrush/toothpaste/mouthwash
- Cosmetics (including deodorant)

FOR LABOR PARTNER:

- Insurance information
- Swimsuit to wear in shower/tub
- Change of clothes and toiletries
- Cell phone (and charger), change or phone card
- Books and magazines
- DVDs or CDs (each patient suite is equipped with CD players and a flat screen TV/DVD player)
- Snacks
- Watch with a second hand
- Phone numbers of friends and relatives
- Laptop with power cord
- Camera, film, camcorder and batteries/battery charger
- Leave large amounts of money, valuables and weapons at home

FOR BABY:

- Newborn Communication Plan (see page 21)
- Socks
- Infant car seat
- Sweater, cap and extra blanket if needed for cold weather
- Undershirt and sleeper
- Going home outfit and receiving blanket
- Baby book for footprints

MERCY WILL PROVIDE YOU AND YOUR BABY WITH THE FOLLOWING ITEMS DURING YOUR STAY:

For Mom: Hospital gowns, disposable underpants and sanitary pads.

For Baby: Diapers, wipes, bulb syringe, soap and circumcision supplies for boys (if applicable). Undershirts, gowns and blankets are also provided during baby's hospital stay.