

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 21)
- Lotion/oil for massages (unscented)
- Warm socks or slippers
- Lip balm
- Picture or small item to use as a focal point
- Massage aids/tools
- Water bottle with straw
- Robe
- Toothbrush/toothpaste/mouthwash
- Hair care items
- Cosmetics (including deodorant)
- 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
- If breast-feeding, bring nursing bras, tank tops, breast pads
- Breast pump if you want to pump

FOR LABOR PARTNER:

- Insurance information
- Snacks
- Swimsuit to wear in shower/tub
- Watch with a second hand or smart phone with contraction timer app
- Change of clothes and toiletries
- Phone numbers of friends and relatives
- Cell phone (and charger), change or phone card
- Laptop with power cord
- Books and magazines
- Camera, camcorder and batteries/battery charger
- DVDs (each patient suite is equipped with a flat screen TV/DVD player)

FOR BABY:

- Newborn Communication Plan (see page 25)
- Undershirt and sleeper
- Socks
- Going home outfit and receiving blanket
- Infant car seat with instructions
- Baby book for footprints
- Sweater, cap and extra blanket if needed for cold weather
- Outfits/props for baby photography session

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.