



It's important to have the things you'll need at the hospital packed and ready to go one month prior to your due date, just in case you go into labor early.

LABOR BAG CHECKLIST

For Expectant Mom:

- Insurance card and hospital paperwork
- Loose, comfortable, going-home clothes (probably maternity clothes)
- We recommend using the hospital gown, but you can bring your own
- Socks & slippers
- Bathrobe
- Hair bands, ties
- Lip moisturizer
- Extra snacks
- Massage tools and/or aromatherapy scents/heating pad
- Favorite pillow or blanket (if desired)
- Music
- Birth Preference Sheet
- Basic toiletries (eyeglasses)
- Hairdryer
- Phone/camera/ video camera/charger
- Announcement contact list
- Notepad and pen
- Nursing bra
- Breast pads
- 'Boppy' or nursing pillow

For Partner:

- Pillow and sleeping bag
- Phone/camera/ video camera/charger
- Snacks -can be stored in your room in your personal refrigerator if hospital has one (cafeteria food can be delivered for a fee)
- Basic toiletries, including a toothbrush, toothpaste, and deodorant
- Change of clothes and PJ's
- Socks or slippers
- Laptop/personal electronics (if desired)
- Announcements contact list

For Baby:

- Infant car seat (leave in car until day of discharge)
- Going-home outfit (nothing fancy - a 'sleeper' is easiest)
- Blanket (to cover baby in carseat going home)
- Pair of socks or booties
- Extra cap
- Baby nail clippers or emery board
- No need to bring diapers or wipes (hospital will provide)
- Bottles and formula and bottle brush (if desired)