

What to Bring to the Hospital

For Mom

- ❖ Oil or lotion for massage
- ❖ Massage tools, tennis balls
- ❖ Lip balm
- ❖ Hard suck candy, gum, lollipops
- ❖ Favorite simple, healthy snacks
- ❖ Hair accessories to keep cool
- ❖ Personal hygiene/shower items
- ❖ Warm socks, slippers, or flip flops
- ❖ Relaxing/energizing music on your phone or listening device
- ❖ Rice sock or a warm or cool compress
- ❖ Nursing bra, nursing pads, and nipple cream
- ❖ Glasses/contact solution
- ❖ Bathrobe, pajamas if desired
- ❖ Comfortable going home outfit

Please check with your insurance provider regarding coverage for male circumcision and breast pumps.

For Dad/Coach

- ❖ Copy of “Birth Guide”
- ❖ Camera/tripod/other related equipment, chargers
- ❖ Personal hygiene/shower items
- ❖ Healthy snacks (sandwiches, fruits, snack bars, cheese, crackers, beverages)
- ❖ Change/cash for vending machines or cafeteria
- ❖ Cell phone/charger
- ❖ Playing cards, reading materials etc. for distraction or slow times
- ❖ Personal medication you may need (headache, prescription, etc.)
- ❖ Change of clothes/sweatshirt
- ❖ Glasses/contact solution

Prepare your vehicle for the trip to the hospital.

For Baby

- ❖ Going-home outfit/undershirt/gown or sleeper/receiving blanket
- ❖ Socks/baby blanket for outdoors
- ❖ Car seat that you have tested in your vehicle
- ❖ Baby book or card stock paper for footprints

The BirthCenter will provide you with:

- sizes newborn and one diapers
- baby shampoo
- bulb aspirator
- infant hat
- onesie undershirt
- fine-toothed comb
- digital thermometer.