

What To Pack For Your Hospital Stay

pack your bag a month before your due date

I recommend packing two bags- one for labor and one for postpartum. When you check in bring your small labor and delivery bag in, leave the other bag in the car. When you are moved to maternity your coach can switch out the bags for you.

For Labor and Delivery

For Mom:

- two pairs of warm socks
- slippers or flip flops
- hair tie
- chapstick
- snacks and beverages- many hospitals will not allow to you to consume anything but clear liquids
- for energy boosts- honey sticks, suckers, juice
- small hand fan
- video and still camera, including batteries and film
- paper or notebook and pen for labor log
- names and phone numbers of anyone you may want to call
- comfort tools- birth ball, massage lotion or oil, massage gadgets, music and player, focal points, microwavable heat pack, anything you think will help you become more relaxed and comfortable.

For Labor Coach:

- swimsuit
- extra pair of clothes- dress in layers
- toothbrush and toothpaste
- food and beverages in a cooler with ice
- cash for cafeteria or vending machines

For Maternity (postpartum)

For Mom:

- robe (or use hospital robe)
- nightgown (or use hospital nightgown)
- soft nursing/sports bra
- warm socks
- slippers or flip flops
- several pairs of underwear (or use hospitals disposable underwear)
- usual toiletries- toothbrush, toothpaste, hair brush, soap, shampoo
- loose and very comfortable going home outfit

For Labor Coach:

- extra pair of clothes
- toothbrush and toothpaste

For Baby: pre-cleaned

- easy-on baby outfit for going home in
- undershirt (onsie)
- receiving blanket
- hat
- infant car seat properly installed into car
- baby memory book