## What To Pack For The Hospital

### For You

#### During Labor and Delivery
- Three copies of your physician-approved birth preferences
- Picture ID
- Your insurance card
- Copy of your hospital registration form
- Your pediatrician’s name
- Slippers
- Socks
- Eyeglasses
- Hair clip or band
- Lip balm
- Pillow from home.
- Magazines or book
- Music player
- Massage oils, tennis balls or rolling pink

#### After Delivery
- Toiletries
- Fresh nightgown and robe
- Maternity underwear
- Breast pads
- Nursing bra or tank top
- Nursing pillow
- Loose-fitting going-home outfit
- Other: ____________

#### For Your Partner/Labor Coach
- Toiletries
- Change of clothes
- Snacks and reading material
- Change
- Phone and charger
- A small cooler for drinks and snacks
- Other: ____________

### For Your Baby
- Infant car seat
- Going-home outfit
- Hat
- Booties/socks
- Receiving blankets
- Other: ____________