

Hospital Suitcase Checklist

Your Suitcase

- Two or three nightgowns, with or without access for nursing
- One bathrobe
- Slippers, socks, or sandals (for the shower, too)
- Two or three tight bras if you're not nursing, or two or three comfortably fitting nursing bras that you purchased at the end of your eighth month
- Eyeglasses and contacts (contacts may not be allowed during labor)
- Tape/CD player
- One box of breast pads
- Four or five underpants (maternity or regular)
- Sanitary napkins
- Toothbrush and toothpaste
- Massage oil or lotion
- Comb, brush, and small mirror
- Makeup and toiletries
- Hair ties or barrettes
- Birth announcements, pen, and mailing list
- Telephone book and phone numbers (maybe even a long - distance calling card)
- Reading material
- Sweets to suck on during labor if your doctor approves them; mints to keep your mouth fresh
- Family photos
- Loose-fitting going-home clothes
- Lip balm or petroleum jelly for dry lips
- Any special medications or vitamins that you may be taking

Labor Coach or Partner's Suitcase

- Stopwatch to time contractions
- Camera with flash, film, and /or video camera with tape
- Tennis ball or rolling pin to help with back labor
- Radio, cassette player, and tapes for relaxation
- Stuffed animal or picture to help focus your concentration
- Healthful snack food for quick energy (your coach's energy!)
- Insurance paperwork and completed registration forms
- Natural sponge to wipe your face
- Pillows and pillowcases (hospitals sometimes use uncomfortably hot, plastic covered ones)
- Relaxation materials like books, music, candles, magazines, etc.

Baby's bag

- Two fancy outfits for picture-taking and going home
- One warm hat or bonnet
- One blanket or bunting with a crotch for seat-belt fastening
- Socks or booties
- Car seat—Most hospitals rent car seats in case you don't have one