

# What to Bring to the Hospital

We will give you almost everything you need for labor, birth, and recovery while you are here. This handout will tell you more about what we provide, what you may want to bring for your own personal comfort, and what to bring to prepare to go home. We look forward to having you with us during this very important event in your life!

## We provide these items for you while you are in the hospital

### Personal care items:

- Toothbrush and toothpaste
- Soap
- Shampoo
- Lotion
- Comb
- Socks
- Hospital Gown
- Blankets
- Peri bottle
- Disposable underwear and pads

**Meals for the birthing parent. We do not provide meals for support people or visitors.**

### Birthing items:

- Squatting bars
- Peanut balls
- Rocking chairs
- Wireless fetal monitoring

### Breastfeeding/chestfeeding items:

- Breast pump kit
- Nursing pads
- Nipple cream
- Extra pillows

### Baby items:

- Diapers
- Wipes
- Baby t-shirts, except what your baby will wear to go home
- Baby beanies or hats
- Burp cloths
- Swaddling blankets

### What you may want to bring for your own personal comfort

For your labor and hospital stay, you may want to bring:

- Robe
- Slippers or shower shoes
- Snacks
- Phone
- Computer
- Device chargers, with cords at least 5 feet long
- Additional toiletries that we don't provide, such as conditioner, hairbrush, and hair ties
- Eyeglasses and extra contact lenses and solution
- Mouth guard or retainer, if you have one
- Pumping or nursing bra or bralette
- Any personal comfort items you will find helpful, such as a special pillow or sound machine
- Additional clean clothing for your support person

### What to bring for going home

For going home, please be sure to bring:

- Outfit for you
- Outfit for your baby
- Installed infant car seat for your drive home
- Blanket to take baby home

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