



# Hospital/birthing center checklist



## WHAT TO PACK FOR LABOR

- A stopwatch or a watch with a second hand. This will help you time your contractions.
- Hard candies or lollipops. These will help keep your mouth moist.
- Lip balm. This will keep your lips moist.
- A small paper bag. This will help if you hyperventilate. You or your coach should let your health care provider know if you hyperventilate during labor.
- Warm socks
- Hair tie. This is helpful if you have long hair.
- Mouthwash. You might need this to freshen your mouth.

### Your coach needs to pack:

- Hand-held massager and lotions to massage you with
- Hairbrush. Your coach can soothe you by brushing your hair.
- Snacks
- Phone numbers of the people you want called after the baby is born
- Music playlist on your phone. Music could help you relax during labor.
- Camera. This may or may not be allowed. You may or may not want to use them.



## WHAT TO PACK FOR AFTER DELIVERY

- Nightgown(s). If you plan to nurse, take nightgowns that open in the front.
- Underpants, nursing bras, and nursing pads
- Robe or bed jacket and slippers
- Toothbrush and toothpaste
- Comb, barrettes, hair bands, and other items you use for your hair, including shampoo
- Soap in a soap dish or plastic bag
- Skin lotion
- Deodorant
- Makeup, perfume, powder
- Hand held mirror
- Clothes to wear home. Maternity clothes will still fit best.
- Contact list on your phone for people you may want to call.
- Sanitary napkins
- Enough money to pay for small hospital services. Examples: TV, newborn pictures, and magazines.
- Snacks like fresh fruit, dried fruit, and whole wheat crackers. You'll be doubly glad to have snacks around if you are nursing.

### For taking the baby home:

- An outfit of clothes. Example: an undershirt, a one-piece sleeper with legs, and a newborn diaper.
- Outer wear. Example: a cap, booties, receiving blanket(s), and a warm blanket if the weather is cold.
- An approved infant car seat. If you do not have one ask the hospital or birthing center where you can borrow or rent one.