

## Baby

- \*Car Seat
- \*Sleeper/Clothes to go home in
  - at least one
- \*Blankets for baby
  - one to go over car seat
  - one or two to layer and tuck around infant in the car seat

## Support Partner

- Snacks
- Games/books
- Camera/Cell Phone & charger
- Change of Clothes
- Toiletries
- Watch with second hand to use for timer
- Credit card to order food and items from the gift shop

# packing your Hospital BAG(S)

*\* Things you need to bring with you, the rest are ideas/suggestions, they are not necessary – the Childbirth Center has everything you NEED to have a baby.*



## Mom

### Items for Labor

- Comfort measure items
- Massage tool
- Meditation Focal Point
- Play List of Music
- Bra to wear under gown
- Chapstick/Lip balm

### Other Items

- Pillow
- Socks / Slippers or Slides
- Robe
- Toiletries
- Going home clothes
- Reading & writing materials
- Breastfeeding pillow
- Breast Pump
- Hand fan
- Cell Phone & Charger