

## What to Pack Checklist



Forgetting something important is the last thing a mother-to-be wants to think about during labor and delivery. For your peace of mind and to ensure a comfortable childbirth experience, we have provided a simple checklist of items for you to bring with you for your stay at Sacred Heart.

You may want to pack two bags - a small overnight bag for the items you will need during labor and a larger bag for everything else that you will need later.

### For Labor and Delivery:

- **Your Birth Plan**
- **Your Insurance Card**
- **Your Pediatrician's Name and Phone Number**
- **Hospital Paperwork**
- **Labor and Delivery Outfit**  
We will provide a hospital gown for you to wear during labor and delivery, or you may bring your own gown that is loose and comfortable and that you don't mind getting soiled.
- **Slippers**  
For walking around the unit during early labor.
- **Socks**  
To keep your feet warm.
- **Eyeglasses**  
Even if you usually wear contacts, you will probably need or want to take them out at some point during your stay.
- **Hair Clip or Band**  
To keep hair out of your face during delivery.
- **Lip Moisturizer**
- **Pillow from Home**  
To add a touch of familiar comfort, feel free to bring your favorite pillow from home. Simply remember to choose a patterned pillowcase so it won't get mixed up with hospital pillows.
- **Magazines**  
You can expect some down time, but you won't want a novel.
- **CDs**  
Soothing music can help you relax before and after delivery.
- **Massage Oils**  
Especially helpful for relieving back labor.

- **Tennis Balls or Rolling Pin**  
For massage during back labor.

### For Your Partner/Labor Coach

- **Change for vending machines and snacks**
- **Basic Toiletries**  
Toothbrush, toothpaste, shampoo, deodorant
- **A Change of Clothes**
- **Snacks and Reading Material**
- **Camera for all of the important first photos**
- **Video Camera (for use after delivery)**  
To document those precious first moments of your baby's life.
- **Address Book & Important Phone Numbers**  
You will have plenty of calls to make!



### For Yourself

- **A Fresh Nightgown**
- **Going-Home Outfit**  
Choose something roomy and easy to get into that fit during your sixth month of pregnancy, along with a pair of flat shoes.
- **Nursing Bra**  
To support breasts and keep breast pads in place.
- **Nursing Pillow**  
To reduce the strain on your arms, neck and back while nursing.
- **Nightgown and Robe**
- **Toiletries**  
Toothbrush, toothpaste, deodorant, lip balm, makeup, hairbrush, shampoo and soap.

### For Your Baby

- **Infant Car Seat**  
You can't leave the hospital without one!
- **Going Home Outfit**  
A soft outfit for your baby's first homecoming.
- **Hat**  
To prevent heat loss by covering your baby's head.
- **Booties/Socks**  
To keep little feet snug and warm.
- **Receiving Blanket**  
Newborns love to be swaddled.

