



- **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 swollen, sore breasts and keeps breast pads in place.
- **Breast Pads**  
To stop messy leaks by absorbing milk.
- **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.

