

Some Things You may Want to Pack

For Labor:

- G Your health insurance card, ID, and hospital registration forms*
- G Lotion or Oil for Labor massage*
- G A picture or a treasured object to use as a focal point during contractions*
- G An old nightgown or nightshirt (if you don't want to wear a hospital gown)*
- G A pillow from home*
- G A bathrobe*
- G Slippers*
- G Socks*
- G A barrette or band to tie back your hair*
- G Glasses, if you wear them (you may not be allowed to wear contact lenses during labor)*
- G A cassette or CD player and some soothing music*
- G A camera with fully charged batteries, if you plan to take pictures*

For Your Hospital Stay:

- G Two or three nightgowns (be sure the gowns open in the front if your plan to nurse)*
- G Two or three nursing bras and a dozen or so nursing pads*
- G A few pair of socks*
- G Sanitary pads*
- G Shampoo*
- G Lotion, deodorant, lip balm, and other toiletry items*
- G A hair brush or comb*
- G Barrettes or hair ties*
- G Contact lenses (if you wear them)*
- G A notepad and pencil*
- G A long distance calling card*
- G Phone numbers of people you want to call after birth*
- G Magazines or other reading material*
- G A baby book*
- G A receiving blanket and clothes for your newborn to wear home*
- G Loose-fitting clothes for you to wear home*
- G A car seat for your baby*

