

# Hospital/Birthing Center Checklist

## What to Pack For Labor

- ☐ 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
- ☐ Tape player and tapes or a radio. Music could help you relax during labor.

- ☐ Camera, tape recorder, video camera. These 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
- ☐ Slippers
- ☐ Toothbrush and toothpaste
- ☐ Comb, barrettes, hair bands, and other items you use for your hair
- ☐ Shampoo
- ☐ Soap in a soap dish or plastic bag
- ☐ Skin lotion
- ☐ Deodorant
- ☐ Makeup, perfume, powder
- ☐ Hand held mirror
- ☐ Any other toilet items you use
- ☐ Sanitary napkins
- ☐ Clothes to wear home. Maternity clothes will still fit best.
- ☐ Pen and paper
- ☐ Address book with phone numbers for people you may want to call.



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❑ Enough money to pay for small hospital services. Examples: TV, newborn pictures, newspapers, 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. Do you already have one? If not, ask the hospital or **birthing center** where you can borrow or rent one.

Now you are ready for your baby to be born!

