



Hospital/birthing center checklist



WHAT TO PACK FOR LABOR

- A stopwatch or 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
 - Music playlist on your phone. Music could help you relax during labor.
 - Camera. This 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 and slippers
 - Toothbrush and toothpaste
 - Comb, barrettes, hair bands, and other items you use for your hair, including shampoo
 - Soap in a soap dish or plastic bag
 - Skin lotion
 - Deodorant
 - Makeup, perfume, powder
 - Hand held mirror
 - Clothes to wear home. Maternity clothes will still fit best.
 - Contact list on your phone for people you may want to call.
 - Sanitary napkins
 - Enough money to pay for small hospital services. Examples: TV, newborn pictures, 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. If you do not have one ask the hospital or birthing center where you can borrow or rent one.