

Fertility & Midwifery Care Center



HOSPITAL: What to Pack List

For Labor

- Favorite music on iPod or iPhone with playlist – bring a bluetooth speakers or similar
- Rice sock or microwaveable heat pack (may get soiled during labor/birth)
- Lotion or massage oil
- If interested in using essential oils, bring your diffuser
- Small pictures or art pieces to personalize your birthing space
- Favorite pillow, blanket, or wrap (may get soiled during labor/birth)

For Mom – keep in mind any clothing you bring may get soiled

- If you choose not to wear a hospital gown, bring several loose, comfortable clothing items for laboring (modest night gown, “labor” gown, shorts, oversized T-shirts, sweats)
- A clean set of clothes for wearing home (6 months size maternity clothes, dress or sweats) with clean socks and nursing bra
- 2 sports bras that stay dry
- 2 dark sports bras or tankini tops for wearing in the tub or shower
- Sweater or bathrobe, slippers, and warm socks
- Toiletries: toothbrush, deodorant, and hairbrush etc. (similar to 2 nights in a hotel)
- Favorite drinks and light snacks for labor – see below, Dupont has food available most hours of the day

For Dad/Support Person

- Loose comfortable clothing and one complete change of clothes
- Swim trunks or shorts for getting into tub/shower
- Extra socks or slippers
- Toothbrush, toothpaste, breath mints
- Food – more substantial than mom’s labor snacks!

For Baby

- Several outfits for stay and clothing to wear home, hat provided
- Diapers/wipes/blankets provided
- Car seat with base already installed in the car. Leave the car seat in the car until day of discharge.

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Miscellaneous

- Camera/video camera with extra batteries or charging cord, tripod if desired
- Cell phone charger
- Other _____

IDEAS FOR FOOD

- Labor drinks: favorite juices, teas, Gatorade, flavored water, vitamin water.
- Labor snacks: fruit- banana, strawberries, berries, single serving yogurt or adult drinkable yogurt, peanut butter or cheese crackers, protein bars, protein shakes, trail mix, prepackaged adult lunchables, smoothies, crackers, dry cereal.