

## Packing Your Hospital Bag

The hospital provides many items during your stay, including robes (or you are welcome to wear your own), birthing balls, and items for after your birth including pads, mesh underwear and products for perineal care. Please make sure you have pre-registered with the hospital prior to delivery. This is usually done after your first appointment with us using the orange card at the lab.

### General

- Driver's license or photo ID
- Health insurance card
- Camera
- Cash/change for vending machines
- Phone chargers
- Gum/mints
- Water bottle



### Clothing

- Robe
- Socks
- Slippers or sandals
- Nightgown
- Underwear
- Going home outfit (comfortable and loose fitting)
- Nursing bra
- Nursing pads



### Personal Care

- Hair ties
- Toothbrush/Toothpaste
- Glasses/Contact supplies
- Lotion/Coconut oil
- Shampoo/Conditioner
- Body wash
- Maxi pads
- Prescription medications
- Prenatal vitamins



### For Labor

- Music (on phone or speaker)
- Heating pad
- Essential oils (we suggest lavender & peppermint)
- Diffuser
- Tennis balls for back massage
- Focal point objects
- Pillows/blanket
- Coconut water or electrolyte drink



**For Your Partner**

- Small cooler or bag with snacks
- Change of clothes
- Toiletries
- Reading material



**For Your Baby**

- Approved car seat
- Outfit for going home
- Diaper bag with diapers
- Hat
- Blanket



**Other**

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