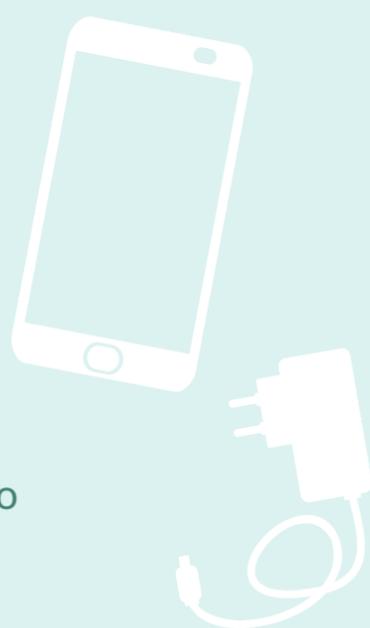


## WHAT TO PACK

So what do you bring to the hospital or birth center? Short answer: pack like you're going to a hotel for the weekend. Even if you're planning a home birth, it's a good idea to have a bag packed in case you need to go to the hospital for any reason.



### 1 ID, INSURANCE CARD, MONEY, PHONE, CHARGERS

Basically, bring your purse or wallet. You will need ID and insurance card at the hospital, and labor can be long, so DON'T forget your chargers! Bring debit/credit card and/or cash for food along the way



### 2 YOUR PILLOW(S)

Let's face it: hospital pillows are not comfortable. That's all there is to it. Throw a pillow (or two) in the car, even if just for postpartum. If you have a nursing pillow, bring that too!



### 3 CLOTHES

nightgown for labor, cozy robe and warm socks (hospitals are chilly!), bathing suit top or sports bra if you want to wear a top in the tub, fresh nursing nightgown/top and comfy pants for postpartum, nursing bra and nursing pads, easy slip on shoes. They'll provide you with glorious postpartum undies.



### 4 TOILETRIES

For you and your partner: glasses, contacts case and solution, toothbrush, toothpaste, mouthwash, deodorant, face wash, wipes, lip balm, lotion, hair ties. They will provide glorious giant pads, soap, shampoo/conditioner.

### 5 SNACKS, SUPPLEMENTS, MEDICATIONS

Protein bars, bananas, trail mix, honey sticks, electrolytes (emergenC, nuun tablets, coconut water), mints, gum, supplements, medications



### 6 BABY STUFF!!

Baby outfit, hat, blanket. These can be very sweet to focus on as labor intensifies, thinking of your sweet baby in their sweet, soft, TINY clothes. They will provide plenty of diapers etc. at the hospital / birth center.

### 7 CAR SEAT

Don't forget this!! Install it BEFORE you go into labor (better yet, have your partner install it!). You must have a car seat correctly installed to take your baby home from the hospital or birth center. THEY WILL WALK TO THE CAR WITH YOU AND CHECK!

