

Labor Bag and Hospital Checklist

When you come to the hospital, bring any items that will make you comfortable during your labor and hospital stay. You'll feel more prepared if you pack your labor bag, suitcase, and baby clothes ahead of time and have them ready to go by the end of your second trimester.

Labor Bag	
For you	For labor companion
<input type="checkbox"/> Anything that will help you feel more comfortable	<input type="checkbox"/> Lotion for back rubs and massage
<input type="checkbox"/> Focal point to help you concentrate (a picture, plant, stuffed toy)	<input type="checkbox"/> Paint roller, rolling pin, or tennis balls for applying back pressure
<input type="checkbox"/> Lip gloss, balm or petroleum jelly	<input type="checkbox"/> Watch with a second hand
<input type="checkbox"/> Sour suckers for dry mouth and throat	<input type="checkbox"/> Notebook and pen to record observations
<input type="checkbox"/> Cards, games or books	<input type="checkbox"/> Lunch or change for vending machines and cafeteria
<input type="checkbox"/> MP3 player or CD player and music	<input type="checkbox"/> Toothbrush and toothpaste
<input type="checkbox"/> Robe, socks, slippers and your own gown	<input type="checkbox"/> Camera, video and/or tape recorder
<input type="checkbox"/> A favorite pillow	<input type="checkbox"/> List of phone numbers to call with the news
<input type="checkbox"/> Toothpaste and toothbrush	

Suitcase		
For you	For labor companion	For baby
<input type="checkbox"/> Nightgowns (if breastfeeding, nursing gowns)	<input type="checkbox"/> Pajamas, robe and toilet articles for long labor and/or staying overnight after the birth	<input type="checkbox"/> Baby book
<input type="checkbox"/> Nursing bras (if breastfeeding) or good support bras (if not breastfeeding)	<input type="checkbox"/> Money for food in the cafeteria	<input type="checkbox"/> Car seat (install and leave it in the car)
<input type="checkbox"/> Hair dryer	<input type="checkbox"/> Food and beverages from home (store in Birth Center refrigerator)	<input type="checkbox"/> Four or more extra receiving blankets for positioning the baby in the car seat
<input type="checkbox"/> Comb, brush, shampoo, toilet articles		<input type="checkbox"/> Going-home clothes: undershirt, sleeper, cap, sweater, blanket, and snowsuit (if it's winter)
<input type="checkbox"/> Going-home clothes that fit when you were about 5 months pregnant		<input type="checkbox"/> Special clothing for the first photo (if desired)