

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	
<p style="text-align: center;">Comfort items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anything that will help you feel more comfortable <input type="checkbox"/> Focal point to aid concentration (a picture or small item) <input type="checkbox"/> Waxed-based lip balm <input type="checkbox"/> Sour suckers for dry mouth and throat <input type="checkbox"/> Lotion for back rubs and massage <input type="checkbox"/> Glasses (if you wear them) <input type="checkbox"/> Contact case and solution (if you wear contacts) <input type="checkbox"/> Cards, games or something to pass the time if you are not in active labor <input type="checkbox"/> MP3 or CD player and music you like <input type="checkbox"/> Socks <input type="checkbox"/> Favorite pillow or two <input type="checkbox"/> Paint roller, rolling pin, or tennis balls for applying back pressure <input type="checkbox"/> Any item of clothing you want for labor <input type="checkbox"/> This book 	<p style="text-align: center;">For you:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Robe and slippers <input type="checkbox"/> Comb/brush and hair clips/ponytail holders <input type="checkbox"/> Toothpaste and toothbrush <p style="text-align: center;">For your labor companion:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch for timing contractions <input type="checkbox"/> Notebook and pen <input type="checkbox"/> Insurance information <input type="checkbox"/> Comfortable shoes <input type="checkbox"/> Swim suit if you might use a shower or tub in labor <input type="checkbox"/> Food <input type="checkbox"/> Money for vending machines and cafeteria <input type="checkbox"/> Camera or video recorder, high speed film or a memory card, and spare batteries <input type="checkbox"/> List of phone numbers <input type="checkbox"/> Phone card (Cell phone use may be limited in the hospital.) <input type="checkbox"/> Toothbrush and toothpaste.
Suitcase	
<p style="text-align: center;">For you:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Birth plan <input type="checkbox"/> Pajamas or nightgown (if breastfeeding, a nursing gown) <input type="checkbox"/> Nursing bras or good support bras (if you don't plan to breastfeed) <input type="checkbox"/> Maternity underwear <input type="checkbox"/> Hair dryer <input type="checkbox"/> Shampoo and toilet articles <input type="checkbox"/> Comfortable going-home clothes (that fit when you were about 5 months pregnant) 	<p style="text-align: center;">For your labor companion:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sleepwear <input type="checkbox"/> Toilet articles <input type="checkbox"/> A change of clothes <input type="checkbox"/> Food and beverages from home <p style="text-align: center;">For your baby:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Car seat <input type="checkbox"/> 4 or more receiving blankets for positioning baby in the car seat <input type="checkbox"/> Going-home clothes: undershirt, sleeper, cap, blanket, sweater, snowsuit (if needed) <input type="checkbox"/> Special clothing for first photo