

## 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, travel bag and baby clothes ahead of time and have them ready to go by the end of your second trimester.

| Labor Bag   |   |
|---|---|
| <p><b>Comfort items:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> anything that will help you feel more comfortable</li> <li><input type="checkbox"/> focal point to aid concentration (a picture or small item)</li> <li><input type="checkbox"/> wax-based lip balm</li> <li><input type="checkbox"/> sour suckers for dry mouth and throat</li> <li><input type="checkbox"/> lotion for back rubs and massage</li> <li><input type="checkbox"/> glasses (if you wear them)</li> <li><input type="checkbox"/> contact case and solution (if you wear them)</li> <li><input type="checkbox"/> cards, games or something to pass the time if you are not in active labor</li> <li><input type="checkbox"/> MP3 player and music you like</li> <li><input type="checkbox"/> socks</li> <li><input type="checkbox"/> favorite pillow or two</li> <li><input type="checkbox"/> paint roller, rolling pin, or tennis balls for applying back pressure</li> <li><input type="checkbox"/> any item of clothing you want for labor</li> </ul> | <p><b>For you:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> robe and slippers</li> <li><input type="checkbox"/> comb or brush and hair clips or ponytail holders</li> <li><input type="checkbox"/> toothpaste and toothbrush</li> <li><input type="checkbox"/> this book or smartphone app version</li> </ul> <p><b>For your labor companion:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> watch or smartphone for timing contractions</li> <li><input type="checkbox"/> notebook and pen</li> <li><input type="checkbox"/> insurance information</li> <li><input type="checkbox"/> comfortable shoes</li> <li><input type="checkbox"/> food</li> <li><input type="checkbox"/> money for vending machines and cafeteria</li> <li><input type="checkbox"/> camera or video recorder, a memory card, and spare batteries or charger</li> <li><input type="checkbox"/> list of phone numbers</li> <li><input type="checkbox"/> toothbrush and toothpaste.</li> </ul> |
| Travel bag  |   |
| <p><b>For you:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> birth plan</li> <li><input type="checkbox"/> pajamas or nightgown (if breastfeeding, a nursing gown)</li> <li><input type="checkbox"/> nursing bras or good support bras (if you don't plan to breastfeed)</li> <li><input type="checkbox"/> nursing pillow (if you plan to breastfeed)</li> <li><input type="checkbox"/> maternity underwear</li> <li><input type="checkbox"/> hair dryer</li> <li><input type="checkbox"/> shampoo and toilet articles</li> <li><input type="checkbox"/> comfortable going-home clothes (that fit when you were about 5 months pregnant)</li> </ul>  | <p><b>For your labor companion:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> sleepwear and a change of clothes</li> <li><input type="checkbox"/> toilet articles</li> <li><input type="checkbox"/> food and beverages from home</li> </ul> <p><b>For your baby:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> car seat (bring the day baby leaves hospital)</li> <li><input type="checkbox"/> 4 or more receiving blankets for positioning baby in the car seat</li> <li><input type="checkbox"/> going-home clothes: undershirt, sleeper, cap, blanket, sweater</li> <li><input type="checkbox"/> special clothing for first photo</li> </ul>   |