

Hospital Bag

For Birth

- Front zippered sleeping gown (one that you don't mind getting dirty)
- Warm socks
- Washable or old pair of slippers (for walking the halls)
- MP3 player or portable CD player & Music
- Batteries
- Focal point
- Massage items (Tennis ball, hand-held massage tool)
- Hair band(s)
- Hand-held mirror
- Snacks/food
- Juices / water / electrolyte drinks
- Lip balm
- Hot / cold compress
- Aromatherapy spray or oils
- Comfortable clothes for coach - include fleece or sweatshirt and socks

For Recovery

- Phone / email list
- Phone card or cell phone
- Note pad and pen
- Camera / video camera
- Nursing bra
- Additional sleeping gown (front enclosure for ease of nursing baby)
- Reading material
- Contact lenses / solution / carrying case
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, brush, etc)

For Baby

- T-shirt
- Take home outfit
- Receiving blanket
- Car seat (make sure that this is properly installed prior to labor onset)