

What to Pack

Robe and slippers for walking during labor

Something to focus on (focal point) to be used during labor as desired

Favorite music and player

Non-petroleum-based lip balm

Mouthwash, toothbrush, and toothpaste

Contact lens case, solution, and eyeglasses

Warm socks

Back Massager if desired

List of phone numbers and people to notify of your baby's birth

Change for vending machine

Band for long hair

Paper and pencil

Camera and/or video recorder

Extra pillows with colored pillowcases

Two or three nightgowns (if you are breastfeeding, it is nice to have gowns with hidden openings in the front). Hospital gowns are available as well.

Hair care items

Cosmetics

Going home outfit for mom – early pregnancy sizes

Going home outfit and blanket for baby

Baby book (for footprints)

