

What to take to the Hospital

Time to Get Ready!

This is a good time to make a list. That way, you won't forget something essential like your camera when that big day finally comes. I also recommend packing your bag to take to the hospital or birthing center now, just in case your baby decides to surprise you with an early debut! I like to tell moms-to-be, "Expect the unexpected."

My list of "What to Take to the Hospital" taken from *Praying Through Your Pregnancy*:

- A comfortable gown
- Nursing bras and pads
- Night-time sanitary napkins
- A top to wear when visitors come with their cameras
- Hairbrush, hair clips, toothbrush, paste, and other personal toiletries, including lip moisturizer
- Camera and video camera fully charged (and extra batteries just in case)
- Cell phone and phone/text numbers
- Praying Through Your Pregnancy* to journal your thoughts (and a pen)
- Your Bible
- Uplifting music (like an iPod)
- Swimsuit for daddy, in case he needs to help you in the shower
- Hair tie
- Water and/or Gatorade or Recharge for you and your support team (After you check in at the hospital, they usually won't let you eat.)
- Stretchy, comfortable clothes to wear home, such as sweat pants and a tee shirt and socks
- Flip-flops or easy slide-in shoes that can get wet
- Clothes for your baby to wear home
- Baby blankets
- Baby car seat for travel home (required)
- Copies of your birth plan
- And here's one more fun idea:
- Pick up a newspaper on the day of your baby's birth for souvenir headlines and articles

Here's a couple extras that my doula, Janet Grabe, recommends as well:

- Focal Point
- Mouth Spray
- Lollipops with sticks
- Massage tools or a tennis ball, rice sock heat pack, ice pack
- Lotion, powder or corn starch for massage
- Fan
- Frozen juice ice cubes (or popsicles), juices, sodas
- Glasses if you wear contacts
- Old pillows that can be washed
- Vanilla and/or Lavender fragrances
- List of who to call
- Two small hard rubber combs (for pressing into palms)
- Birth Ball

PARTNER:

- Snacks & drinks
- Bathing suit or change of clothes
- Toothbrush & toothpaste
- Dollars/change for the vending machines

AFTER BIRTH:

- Nightgown (nursing)
- Robe
- Brush or comb
- Nursing Bra
- Breast Pump?
- Slippers
- Make-up, toothbrush, Deodorant, etc