

## The Big Day is Near...Let's Pack Your Gear

### For Mom

- |   |  |
|---|--|
| <input type="checkbox"/> Change of clothes (loose-fitting) for home           | <input type="checkbox"/> Hair clips / bands / barrettes              |
| <input type="checkbox"/> Comfortable (loose-fitting) shoes                    | <input type="checkbox"/> Glasses and / or contacts and supplies      |
| <input type="checkbox"/> Nursing bra, if planning to breastfeed               | <input type="checkbox"/> Photo I.D. and Health insurance card        |
| <input type="checkbox"/> Breastfeeding pillow, if planning to breastfeed      | <input type="checkbox"/> Pediatrician's name and contact information |
| <input type="checkbox"/> Support bra, if NOT planning to breastfeed           | <input type="checkbox"/> Cord blood collection kit (if collecting)   |
| <input type="checkbox"/> Slippers and / or flip flops                         |  |
| <input type="checkbox"/> Socks  |  |
| <input type="checkbox"/> Lip Balm   |  |
| <input type="checkbox"/> Toothbrush, toothpaste, and floss                    |  |
| <input type="checkbox"/> Shampoo / conditioner                                |  |
| <input type="checkbox"/> Hairbrush, Hair dryer, hair irons, etc. (if desired) |  |

### Comfort Tools

- Focal point: picture or object, etc.
- Music
- Tennis ball
- Lotions – unscented

### For Support Person / Partner

- |  |   |
|--|---|
| <input type="checkbox"/> Camera and / or video equipment AND necessary accessories (chargers / batteries, memory card, etc.) | <input type="checkbox"/> Medications: Daily medications, pain relievers, antacids, etc. |
| <input type="checkbox"/> Entertainment: Laptop, tablet, etc.   | <input type="checkbox"/> Toiletries   |
| <input type="checkbox"/> Music: Device, earbuds / headphones, speaker, etc.  | <input type="checkbox"/> Glasses and / or contacts and supplies                         |
| <input type="checkbox"/> Cell phone and charger  | <input type="checkbox"/> Change of clothes  |
| <input type="checkbox"/> Contact list; people you wish to contact  | <input type="checkbox"/> Sweatshirt   |
| <input type="checkbox"/> Breath mints or gum   | <input type="checkbox"/> Shower shoes or slippers                                       |
| <input type="checkbox"/> Snacks and drinks   | <input type="checkbox"/> Swimsuit   |
|  | <input type="checkbox"/> Helpful handouts or information                                |

### For Baby

- |  |   |
|--|---|
| <input type="checkbox"/> Car seat with head support; Please know how to install, adjust, and use | <input type="checkbox"/> Receiving blanket (light weight)                   |
| <input type="checkbox"/> Newborn clothing for going home and pictures                            | <input type="checkbox"/> Nail file or emery board (for filing baby's nails) |
|  | <input type="checkbox"/> Baby book for footprints (if desired)              |

- Please leave your jewelry, unnecessary valuables, fragrance diffusers, candles and scented sprays at home.
- This list contains only suggestions and / or recommendations. Not all items are required.