

What to Pack for the Hospital

As your due date approaches, you should begin the final preparations for the arrival of your baby. Checklists are a good way to ensure you remember every detail and are ready when your contractions begin. The list below includes items and ideas that will help you prepare for your little one's arrival. We suggest having your bag packed about three weeks before your due date.

For Mom:

- Birth plan
- Lotion/oil for massages
- Chapstick
- Warm socks or slippers
- Picture or small item to use as a focal point
- Back massager
- Warm pack
- Robe
- A nursing bra and breast pads (if breastfeeding)
- Toothbrush/toothpaste/mouthwash
- Hair care items, including hair ties/barrettes/headbands
- Cosmetics (including deodorant)
- Loose fitting clothes to wear home (something from your 4th-5th month)

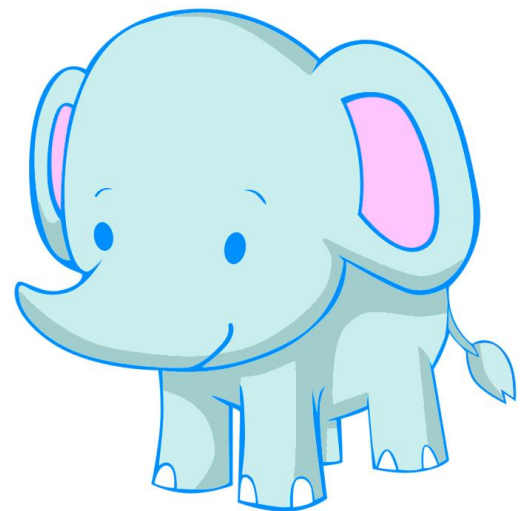


For Partner:

- Insurance information
- Healthy snacks
- Watch with a second hand
- Change of clothes and toiletries
- Phone numbers of friends and relatives
- Cell phone and charger
- Laptop with a power cord
- Books, magazines, DVD's
- Camera, video camera, tape, memory card, or batteries
- Cash for vending machine and cafeteria
- Check or money order for birth certificate fee (\$35)

For Baby:

- Going home outfit and receiving blanket
- Socks or booties
- Baby book for footprints
- An infant car seat (base should be secured properly in your car)
- An extra blanket if needed for colder weather



Birthways will provide your baby with the following items during your stay:

Diapers, wipes, bulb syringes, undershirts, gowns, and blankets