

# Start packing your bags— it's almost time to go!

It's a good idea to pack your bags for the hospital ahead of time. You never know when THE TIME will come, or how clearly you will be thinking at that crucial moment. Also, by packing ahead of time you have the time to add other items you may need. This list is not mandatory, although many of these items may help make your labor and postpartum time more comfortable and pleasant for you and your partner.

## Suggestions:

- Books or magazines to help you or your coach to pass time in early labor.
- Address book or list of names and numbers of people you want to contact after the baby is born.
- Camera, batteries, video camera and charger.
- Laptop and charger.
- Hand-held fan to help cool you off.
- Back massager.
- Breath spray or lollipops.
- Lip balm, toothbrush, toothpaste, mouthwash, cosmetics.
- Contacts case and back-up glasses.
- Focal point, picture, toy, stuffed animal, outfit for baby, etc.
- Nursing bra.
- Socks for cold feet.
- Brush and hair clips or scrunchies to keep hair out of your face.
- Change for vending machines.
- Cell phone and charger.
- Comfortable clothes to wear home.
- Drivers license/picture ID/insurance card.
- Name of pediatrician.

## For your partner:

- Shaving kit and change of clothes.
- Snacks.
- Insurance card.

## For baby:

- Change of clothes for picture and going home.
- Infant car seat, correctly installed.
- Extra blanket, hat and sweater if weather is cold.

Small Wonders

