



What to Bring to the Hospital

Mom

- Clothes:** Including socks, pajamas, slippers and robe; nursing bra; comfy lounge clothes
- Masks:** Extra face masks for mom and partner
- Toiletries:** Enough for 2 nights for vaginal birth or 4 nights for cesarean
- Food:** Snacks, favorite drinks, light food; consider honey sticks for labor; food for partner during labor (mom is provided 3 meals per day)
- Pillows:** Many people like to bring their own. Put on bright/recognizable pillowcases so they don't get mixed in with hospital pillows
- Labor Comforts:** Hair ties; hand fan; water bottle; chapstick (consider Tiger Balm for stuffy nose during labor which is common)
- Ambience:** Consider aromatherapy oils and/or flameless candles
- Entertainment:** phone; music; books; camera; chargers; iPad/laptop (MarinHealth® Medical Center has free Wi-Fi)
- Inspiration:** Bring something inspiring to look at during labor
- _____
- _____
- _____

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Partner

- Clothes:** Change of clothes; swimwear to go in the shower during labor; pajamas; slippers
- Toiletries:** Enough for 2 nights for vaginal birth or 4 nights for cesarean
- Medications:** Tylenol or other medications needed
(MarinHealth Medical Center can't give partners any medication)
- _____
- _____
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Baby

- Clothes:** Going home clothes and other outfits if desired; hat and socks
- Receiving Blanket**
- Car Seat:** Read the instructions and do a practice run ahead of time
- _____
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