

What to Bring to the Hospital



Mom

- Clothes:** Including socks, PJs, slippers and robe; nursing bra or tight sports bra if not nursing; comfy lounge clothes – black or dark colors are best
- 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 and partner is provided 1 meal voucher 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:** iPod or music playing device; music; books; camera; cell phone; chargers; laptop (MGH has free Wi-Fi)
- Inspiration:** Bring something inspiring to look at during labor
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- _____
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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 possibly needed (MGH can't give the partner 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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