



# WHAT TO CARRY TO THE **HOSPITAL AT ADMISSION FOR DELIVERY ?**



## Personal items for the Mom

- Something loose & comfortable to wear
- Free flowing nightdress or pajamas, dressing gown or long tees-front open preferred (we provide dressing gowns for the duration of your stay)
- An extra change of comfortable clothing
- Comfortable underwear / undergarments (cotton)
- Going home outfit
- Breastfeeding/Nursing bras (pick one size bigger for your comfort)
- Personal grooming essentials of your choice
- Focal Point –something to externalize the labor pains and help focus on the positive (i.e. stuffed animal, photos, etc.,)
- Comfortable slippers, shoes / socks
- Counter pressure items (rolling pin, massager, etc.).
- Chap Stick – To help with dry lips.
- Music of Your Choice

**We provide complimentary basic toiletries, toothbrush, toothpaste, shampoo, soap etc.**



# Personal items for the Baby



- Onesies or newborn-baby suits - Size zero (3-4 sets)
- Receiving blanket
- Baby socks, cap & mittens
- Swaddling blanket
- Burp cloth
- Disposable baby wipes
- Baby face cloths (3-4 sets)
- Going-home outfit - loose (choose something special, but nothing too tight as his/her belly button may not have healed completely)



For Appointments

**9053 108 108 | 9643 109 109**

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