

## Hospital Checklist

### For Labor

- Focal point (picture, stuffed animal, photo, etc.)
- Powder, lotion or oil for massage during labor
- Warm socks or slippers
- Lip moisturizer
- Snack for your partner and change for the vending machine
- Items for massage or counter pressure (stress ball, massager, tennis balls in a sock)
- Deck of cards, magazine or book
- CDs or MP3 player
- DVDs (movies)
- Change of clothing for your partner and possibly a swimsuit for the whirlpool tub
- Camera, camcorder, batteries and film
- Keepsake baby book

### For Mom

- List of phone numbers of family and friends
- PJs and slippers (gowns will be provided in the hospital)
- Nursing bra, exercise bra or regular bra
- Bra pads
- Personal hygiene items
- Comfy clothing to go home in (should be loose, like an early maternity outfit)
- Journey through Parenthood Information Kit

### For Baby

- Clothing for going home
- Receiving blanket
- Blankets suitable for outside temperatures
- Hat to cover ears
- Socks
- Car seat

### Additional Items to Pack (optional)

- Snacks and/or activity books for siblings
- Favorite pillow

### Items Provided for You by Lawrence Memorial Hospital After Delivery:

- For mom: sanitary pads, disposable underpants, TUCKS pads
- Newborn care supplies: bulb syringe, thermometer, wipes, diapers, alcohol pads, soap, nightgowns and blankets (to use during the hospital stay)

Please leave large amounts of money and valuables at home.