



What to Pack for Your Hospital Stay

Preparing for your baby's arrival includes packing your bags for the hospital. While Boone Family Birthplace provides many of the items you and your baby need during your stay, there are some things you will want to bring with you.

A few hours after your baby's delivery, you'll be moved from a Labor & Delivery room to a Postpartum room. Because you won't need many of these items until you're in your Postpartum room, you may want to pack two bags – one for Labor and one for Postpartum. You can leave your Postpartum bag in your vehicle until you move to your room.

What to pack for Labor:

- Robe
- Slippers
- Camera
- An extra pillow or two
- Imagery object for labor
- Snacks for your support person
- Cash for vending machines
- List of your current medications. Be sure to include your dose and when you last took each medicine.
- Something to do while you wait (playing cards, book, handheld game, etc.)

What to pack for Postpartum:

- Toiletry items, like shampoo and hair care products, hair brush, deodorant, etc.
- Outfits for your baby
- Going-home outfits for you and baby
- Car seat (required)
- Nursing bras, if you plan to breastfeed
- Comfortable clothes for you, including pajamas or nursing gowns
- Clothes and toiletries for your support person

Boone Family Birthplace can provide:

- Hospital and nursing gowns
- Peripads
- Maternity underwear
- Lotion
- Toothbrush and toothpaste
- Mouthwash
- Bar soap
- Towels and washcloths
- Bed linens and pillows
- Meals for you
- Baby blankets
- Infant T-shirts
- SleepSacks
- Formula and bottles
- Pacifier
- Baby lotion and body wash
- Diapers and wipes

Please remember that hospital linens, including baby blankets, T-shirts and SleepSacks are property of Boone Health and should not be removed from the hospital.