

What to Bring to the Hospital

For Mom:

- ID card, insurance card, a list of any medicines you take and the dosages, and any necessary hospital paperwork
- A couple pairs of warm, non-skid socks or slippers for walking around before and after labor
- A warm robe
- Loose, cotton sleepwear: nightgowns or pants with tops
- Eyeglasses, contacts, cleaning solution, storage case
- Two maternity bras (whether or not you plan to breastfeed, they are more comfortable)
- Personal items: Toothbrush and toothpaste, soap, hairbrush, hair ties, shampoo, hair dryer, deodorant, lip balm
- Cell phone and charger, phone numbers of people you plan to call/text
- Camera, battery or charger, extra memory card; computer or iPad as desired
- Change of clothes, an outfit to wear home
- Snacks
- Cash and change for vending machines (Do not bring lots of money, jewelry or anything you can't part with)
- Music and magazines
- **Your personal breast pump and lanolin for breast care**
- You may want to bring an extra bag for all the paperwork

For Baby:

- Car Seat properly installed in the car. For more information about safe car seat installation and car seat check locations refer to www.pakidstravelsafe.org
- Outfit to take the baby home from the hospital

The VIA Maternity Center provides the following items, so you do not need to pack these:

- Towels: Parents often prefer to bring their own towels and pillows
- Breast pads
- Maternity underpants and sanitary napkins
- Diapers and wipes for baby
- If formula feeding we will provide you Similac brand