Packing for the Hospital

We know that for many moms, giving birth marks your first time staying in the hospital. And even if it’s not, it’s best to get some things ready before your due date so you’re not overwhelmed should you go into labor a little early.

Below are some recommendations for things you may want to bring with you to make your time with us more comfortable.

**For you**

- Anything that will help you feel more relaxed and assist you during labor, including focal point aids, lip balm, hard candy to help with a dry mouth, exercise balls, and music players
- Cards, games, books, music, DVDs of your favorite movies
- Robe, nightgown
- Slippers to use when you walk around during labor
- Socks to keep your feet warm during delivery
- Sports bra
- Personal grooming items including toothbrush, toothpaste, deodorant, makeup, hairbrush, shampoo, lotion, hairdryer, and soap
- Clothes to go home in that fit when you were about six months pregnant
- Nursing bra and breast pads
- Hair clip or band for long hair to keep it out of the way during delivery
- Mints or breath strips to help alleviate nausea
- Favorite brand of sanitary pads
- Glasses or contact case, if you need them

**For your partner or labor support**

- Still camera, digital recorder, or video camera
- List of phone numbers to call with the news!
- Money for meals or snacks
- Pajamas, robe, and toilet articles for staying overnight
- Change of clothes
- Your favorite pillow or something that gives you comfort
- Baby book so the hospital can put your baby’s footprints in it
- Breastfeeding book or other reference books that you think will be helpful in those first few days
- Birth preference checklist
- Envelope or file folder for important hospital papers
- Watch with a second hand to time contractions
- Massage oil
- Take out menus
- Quarters for vending machines
What to Bring

For siblings

- Crayons, markers, paper
- Books
- Toys
- Snacks
- Special camera
- Gift from big brother or sister to the baby

For your baby

- Outfit to go home in including a hat and booties
- Wipes
- Newborn diapers
- Receiving blanket
- Infant car seat

Remember, for your sake and for your baby’s, we can’t discharge your newborn without verifying that you have an infant car seat. Car seat purchases and installation appointments are available through the Women’s Health Center at John Muir Health.

For details call (925) 941-7900, option 3.