Packing List for Your Maternity Stay at Southwest Memorial Hospital

For Mom:

ID & Insurance
Birth plan (if you have one)
Nightgown, robe, slippers, nursing or support bra, socks, underwear. If you plan to breastfeed, sleepwear with a front closure is helpful.
Personal care items: Your favorite shampoo and conditioner, soap, toothbrush/toothpaste, deodorant, hairbrush.
Contact lenses and supplies. You may find that glasses are more comfortable during labor and delivery.
Hard candy to moisten your mouth during labor, and lip balm.
Something to keep the hair out of your eyes, such as a hair band or barrettes.
Personal items: your own pillow (non-white case), a book, computer.
Nursing pads, maxi pads, nipple cream
Clothes for the trip home. You may find that your maternity clothes are most comfortable, along with flat shoes.

For Baby:

Infant car seat.
"Going-home outfit" pre-washed clothing, hat, and blanket appropriate for the weather.
Bootie socks for feet and hands.
Diaper bag and supplies for going home.

For Your Support Person:
Change of comfortable clothing.
Toiletry/personal care items.
Camera or video camera, with extra batteries or a charging cable.
Tennis balls for massaging Mom’s back during labor.
Snacks and beverages (our cafeteria has grab and go items after hours).
List of people to call with baby news. Don’t forget to ask them to wait to post on social media until you and mom are ready to share the news with the rest of the world!
Something to read or watch.
Cell phone and charger.

Extras:
Deck of cards.
White noise machine.
Big sister or brother gift.
Towel, trash bag or plastic for car.
Thank you notes, notebook, and pens.