

Things to Bring to the Hospital With You

Please pack your bag well ahead of time in case you are in a rush when it is time to come to the hospital.

Some basic personal care items are available in an emergency, but please plan to bring your own.

For YOU

- Toothbrush, tooth paste, and other oral care products you use
- Lip balm
- Hair brush
- Shampoo and conditioner
- Deodorant/Antiperspirant
- Slippers with grips or easy on/off shoes, sandals or flip-flops
- Lightweight bathrobe for walks in the hall
- Pajamas or nightgown (if desired)
- Fresh outfit in which to go home

For Breast Comfort:

If Nursing: Supportive nursing bras (2)

If NOT Nursing: Supportive bras or sports bras (2)

For BABY

- Car seat (please review how your car seat works before bringing it to the hospital)
- Outfit, blanket and hat for your baby's trip home
- Baby book (optional) if you plan to have us place footprints inside

If a support person will be staying with you for a couple of days, please have him/her bring:

- Sleepwear
- Changes of clothes
- Personal care items

Cafeteria Services are available Monday through Friday from 7:00 a.m. to 6:30 p.m.; Saturday and Sunday from 8:00 a.m. to 1:30 p.m.