

**WOMEN'S HEALTH  
AND CHILDBIRTH CENTER**

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# What to Bring to Hospital When in Labor

## HOSPITAL CHECK LIST:

Keep in mind that items may get soiled/dirty

### MOM:

- Hospital bag can be a suitcase for ease of moving around
- Clothes: comfy going home outfit that is not close-fitting, flip flops/slippers, nursing bra if you are wanting to breast-feed, personal open back hospital gown, robe
- Toiletries: shampoo, conditioner, toothbrush, toothpaste, hair ties, comb/brush, deodorant etc.
- Entertainment: books, tablet, camera, portable speaker
- Nursing pillow (ie: Boppy Pillow)
- Personal breast pump
- Adult briefs/depends
- Water bottle
- Favorite snacks
- Personal pillow/blanket
- Portable fan
- Long cellphone charger
- Change and small dollar bills for vending machines

### BABY:

- Baby sleepers, swaddles, muslin blankets, photo outfit
- Car seat

## WHAT SGCMH OFFERS:

### MOM:

- Hospital Gown
- Toiletries: shampoo, body soap, toothbrush/toothpaste, deodorant, Chapstick
- Boppy Pillow
- Mesh underwear, pads, peri bottle, Tucks, Dermoplast, Lanolin

### BABY:

- Baby sleepers, swaddles, baby blankets, hats
- Baby soap, lotion, oil
- Pamper diapers and wipes
- Enfamil or Similac Formula