

LABOR BAG/GOODY BAG

- Lip balm/Chap stick
- Sour Lollipops
- Socks for your feet
- Lavender lotion/potpourri
- Snack for coach
- Birthing ball (hospital does have birthing balls and peanut balls)
- Hair clip or Scrunches
- Shower cap (to wear in the shower)
- Rice sock (to use for back labor)
- Book/magazine
- Phone charger

Make sure you filled out the preadmission form and bring it with you when you come to the hospital in labor along with your insurance card and ID. You do not need to mail in the preadmission form ahead of time.

Any questions contact:

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