

HOSPITAL CHECKLIST

Some women pack their bags as soon as they enter their ninth month. Others wait until they are in labor. Whenever you decide to pack, most women find these items necessary and helpful.

Toiletries

- Shampoo/Conditioner.
- Toothbrush/Toothpaste/Mouthwash/Dental Floss. Saint Clare's provides hospital quality shampoo, soap, and toothpaste.
- Soap/Body wash.
- Deodorant.
- Moisturizer.
- Makeup/Makeup Remover/Cotton Balls.
- Comb/Hairbrush/curling iron. Hairdryers are provided.
- Hair Clips/Scrunches.
- Eyeglasses/Contact Lenses and cleaning products for contact lenses.
- Lip Balm.
- Nail File.

Clothes

- Clothes for at least 4 days for companions.
- PJ's or sweats for your companion to wear to sleep.
- Comfortable clothes for mom to go home. Your maternity clothes should do the trick.
- Bathrobe for mom, slippers or slipper socks for mom and companion.
- Good supportive bra or nursing bra is strongly encouraged.
- Mom can wear hospital gown, sweat clothes or nightgowns. If nursing, make sure your gowns open in the front.
- Your feet may swell after delivery. You may want to make sure you have a larger pair of shoes to wear home.
- Clothes for baby to go home, such as onesies, sleeper and blanket to put over baby in car seat.

Additional Items

- Cell Phone and Charger.
- Car Seat. Please bring car seat in with you when you come in for labor and make sure the base is installed in the car.
- Camera.
- Prescription and over the counter medication for companion i.e., Vitamin's, Tylenol, Advil, Tums.