Getting Ready for Delivery Day

Labor Bag Checklist

___ Admission forms/papers
___ Camera and/or video camera
___ Extra batteries/battery pack
___ Film and tapes
___ Cell phone & charger
___ Birth plan
___ Facecloth from home (colored, so it doesn't get into hospital laundry)
___ Focal point
___ Lollipops and hard candy (for dry mouth)
___ Lotion and/or powder (for massage)
___ Massage/aromatherapy oils
___ Tennis balls (for back massage)
___ Contact lens case/lens supplies and glasses
___ Hair bands (ponytail holders)
___ CD Player & CDs or MP3/iPod
___ Extra pillow/s (colored pillowcase, so it doesn't get into hospital laundry)

For your coach:
___ Change of clothes
___ Snacks or money for vending machines
___ Reading material

Hospital Bag Checklist

___ Baby book
___ Phone number list
___ Bathrobe
___ Loose, comfortable outfit to go home
___ Nightgown (optional)
___ Nursing bras
___ Nursing pads
___ Slippers
___ Brush/comb
___ Deodorant
___ Makeup/cosmetics
___ Shampoo/conditioner
___ Toothbrush/toothpaste

For Baby:
___ Approved car seat
___ Going-home outfit
___ Hat/cap/baby socks
___ Receiving blankets