

Your Suitcase for Labor & Delivery

For Mom:

Night gowns, Robe, Slippers

Nursing Bras, Panties

An outfit to wear home

Hair Brush, Hair Dryer, Hair Care Products

Deodorant, Special Soaps

Make-up, Skin Care Products

Toothbrush, Toothpaste

Pillows & Pillow Cases (Prefer not to be white)

Camera with extra film and batteries

“To Call” Phone List

Birth Plan if preferred

Hospital papers if needed

Insurance Documentation Books or Magazines, Cards, Puzzles

For Partner/Spouse/Support Person:

Snacks & Reading Material

Copy of Birth Plan

Telephone Lists

For Baby:

Baby Book

Clothes for Trip Home

Special Outfit for Baby Pictures

Car Seat (already installed in vehicle)

Blankets, Nail File/Clippers, Socks, Bows