

# What to Pack for the Hospital:

## Birth Parent:

- ID and Insurance card to check into Labor & Delivery
- Pediatrician name & phone number**
- Toiletries
- Extra pillows in non-white pillowcases if needed (Labor & Delivery will provide 1-2 pillows per room)
- Cell phone and charger
- Outfit and underwear to wear for discharge home
- Slippers or flip flops
- Lip moisturizer
- Nursing bra for postpartum
- Eyeglasses/contacts (contact case and solution)
- Snacks for postpartum
- Advance directive (if you have one)

## Support Person:

- Extra sweatshirt/sweater
- Snacks
- Change of clothes
- Toiletries
- Pillow
- Medications (Sibley is unable to give medication for partners)
- Money (cash or credit card) for cafeteria or food delivery
- Cell phone and charger

## Baby:

- Installed car seat (the hospital staff does not install car seats)
- Outfit, hat, socks, and blankets to have for discharge home
- Baby book for baby's footprints (footprints will be done in Labor & Delivery)

## Optional:

- Music
- LED candles (no real candles)
- Focal point (pictures, etc.)
- Massage lotion
- Books
- Magazines
- Playing cards
- Laptop to watch movies, shows, etc.

## Sibley Provides for Patients:

- Bed linens
- Gowns
- Underwear and socks
- Pads
- Icepacks
- Diapers
- Wipes
- Blankets and hats (for use in the hospital)

- Infant formula (as required/requested)
- Breast pumps (if pumping is needed/desired)
- Birthing balls
- Squat bars
- Peanut balls
- Portable mirror to watch your delivery (if requested)

*\*\*Please label your belongings (especially if you put food in the pantry fridge on the units).*

