

# Hospital Labor Supplies

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## Labor Essentials

- Hospital registration information
- Health insurance information
- Credit card and personal checks
- Birth plan
- Watch with a second hand or stopwatch
- Lip balm
- Headband / ponytail holder
- Comfort Items
- Back massager
- Massage oil / lotion
- Hard candies
- Snacks
- Money for the cafeteria
- Coins and single dollar bills for vending machines
- Big water bottle w/ straw
- A comfy pillow

## Entertainment and Diversions

- CD player w/ CD's
- Magazines
- Books
- Pencils and large notepad
- Deck of cards (or other small game)
- Comedy videos

## Recording the Moment

- Video camera w/ blank video tapes
- Digital camera w/ memory cards & batteries
- 35 mm camera w/ film
- Journal

## Informing Others

- Calling cards
- Phone numbers of friends and family
- Birth announcements

## Post Labor Essentials for Mommy

- 2-3 front opening nightgowns / nursing gowns
- Non-slip slippers
- Robe
- 2 pairs of socks
- 1 nursing bra or comfortable sports bra
- 4 Breast pads
- Maternity clothing for trip home
- 4 pairs of large underwear
- Glasses
- Hair brush
- Toothbrush
- Toothpaste
- Deodorant
- Shampoo w/ conditioner
- Cosmetics
- Sanitary pads
- Pre-natal vitamins
- Medications you regularly take
- Ibuprofen
- Acetaminophen
- Anti-inflammatory wipes

## Essential Items for Your Support Person / Partner

- Change of comfortable clothes
- Hairbrush
- Toothbrush
- Toothpaste
- Deodorant
- Shampoo w/ conditioner
- Light blanket
- Pillow
- Snacks

## For Baby

- 1 home-coming outfit
- 1 cap
- Socks
- Receiving blanket
- Diapers
- Bunting
- Heavy blanket
- Infant car seat