

# What to Bring for Your Birthing Center Stay

*We suggest packing your hospital bag by the time you reach the 8-month mark in your pregnancy. To get you started, the following are some items you may want to consider including in your bag.*

## For You

- Glasses, contact lens case, saline solution
- Comfortable pajamas (or other clothing) and socks to wear during your stay
- Comfortable clothes and shoes to wear home
- Robe and/or slippers
- Several pair of underwear—mesh panties are provided, but you might prefer your own
- Toiletries (e.g., toothbrush/paste, deodorant, brush/comb, makeup, hair bands or barrettes, favorite shampoo/conditioner/soap)—basics are provided in your room, but you might prefer your normal items
- Nursing bra
- Things that make you relaxed; examples may include a favorite pillow (make sure it has a distinctive case so it doesn't get mixed up with hospital supplies), blanket, or pictures from home
- ID and insurance cards for you and ID for father of baby if you intend to sign paternity papers.

## For Your Support Person and/or Family Members

- Change of clothes, including swim suit if they want to join you in the tub or shower
- Change or card for vending machines
- Snacks.

## For the Car

- Car seat—pre-installed in a rear-facing direction in the backseat of your car; car seat inspections are done regularly at the State Patrol office on Highway 395 south of Kennewick
- Large towel, in case your water breaks on the way.

## For the Baby

- Infant clothes to wear at the hospital (infant sacks work great) and an outfit and blanket for the trip home.

## For Entertainment and Documentation

- Cell phone and charger
- Camera and/or video camera
- Notepad or journal and writing utensils
- Favorite music for labor and a source for playing the music (e.g., iPod or other portable device with speakers)
- Baby book for footprints of your baby and for your nurses to sign
- Something to do in the case of a lengthy labor process (such as with induction) or during other downtime; examples may include card games, DVDs to watch, books, etc.

## Provided in Your Room

The following items are available in your room for use during your stay.

- Nursing gown and socks
- Soap, shampoo, and hair dryer
- Mesh underwear and perineal pads
- Diapers, wipes, and baby bath soap
- T-shirt, receiving blankets, and hats for baby
- Refrigerator
- DVD player
- Plenty of electrical outlets
- Whirlpool tub or hydrotherapy shower.

## PLEASE DO NOT BRING:

- Jewelry
- Large amounts of cash or other valuables
- Medications
- Diapers.