

## Your Hospital Go-Bag

It's a daunting bag to pack—what will you need while you're in labor? How about right after the baby is born? If you've never been through it before, your list may stall at onesies and completely neglect your partner's inevitable need for Cheetos. Thankfully American Pregnancy, a national health organization committed to promoting reproductive and pregnancy wellness, has the lowdown on what should actually go into that hospital suitcase.

### For Mom

- Paperwork and IDs:** Don't forget your health insurance card and any pre-registration forms from the hospital. Bring them in a big folder that you can use to store other paperwork you acquire.
- Breast-feeding support:** nursing bras, breast pads, and a good sports bra—good for a water birth or suppressing lactation if you're not breast-feeding
- Toiletries:** Don't forget a hair band or clip if you have long hair
- Sleepwear comforts:** nightgown and robe, slippers (during early labor you may have to walk around), and socks (many women get literal cold feet during delivery)
- Your going-home outfit:** Choose one that fit when you were 6 months pregnant
- Pillow from home:** Put a non-white pillow case on it to distinguish it from hospital pillows
- Mouth refreshers:** mints or breath strips (for nausea) lollipops or hard candies (for dry mouth)

### For Baby

- Infant car seat and infant head support:** You will not be allowed to leave the hospital without one; make sure you bring the instructions

- Your baby's going-home outfit:** a onesie, hat, booties or socks, and mittens
- Receiving or swaddle blankets**
- Wipes** for newborns or sensitive skin

### For Partner

- Change of clothes and toiletries**
- Snacks,** and maybe even a cooler filled with drinks and sandwiches so you can avoid the cafeteria
- Watch with a second hand** to time contractions
- Portable speaker** to play soothing music, which may help you and your partner relax both during and after labor
- Chargers** for phones, tablets, laptops, and speakers
- Massage oils** to help alleviate back labor
- Take-out menus** for nearby restaurants
- Gift for a sibling,** which will help little ones feel appreciated when they visit