

Packing list for the hospital or birth center

We suggest packing like you, your partner, and the baby are going to spend three days in a hotel.

Pack beforehand

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| <input type="checkbox"/> Birth and baby reference books | <input type="checkbox"/> Pudding and spoons | <input type="checkbox"/> Socks (3 pairs) |
| <input type="checkbox"/> Provider and pediatrician info | <input type="checkbox"/> Crackers, granola bars | <input type="checkbox"/> Slippers |
| <input type="checkbox"/> List of people to call in labor and/or after birth | <input type="checkbox"/> Dried fruit, nuts | <input type="checkbox"/> Nursing tops (2) |
| <input type="checkbox"/> Birth Preferences (+3 copies on bright paper) | <input type="checkbox"/> Water bottle | <input type="checkbox"/> Loose pants (2 pairs) |
| <input type="checkbox"/> Hospital admission forms | <input type="checkbox"/> Travel mug with wide base | <input type="checkbox"/> Light sweater |
| <input type="checkbox"/> "Shhh...I'm using hypnosis" sign for door (Class 5 handout) | <input type="checkbox"/> "Labor-ade" (see recipe in this chapter), Electrolyte drinks, coconut water | <input type="checkbox"/> Coming-home clothes |
| <input type="checkbox"/> Pen and notepad | <input type="checkbox"/> Hot tea bags, hot cocoa mix | <input type="checkbox"/> Birth partner change of clothes, swimwear and button-down shirt for baby skin-to-skin |
| <input type="checkbox"/> Light, upbeat reading material | <input type="checkbox"/> Champagne or wine, opener and cups for birth day celebration | <input type="checkbox"/> Diaper bag containing: |
| <input type="checkbox"/> Music for labor, music player, headphones, speaker | <input type="checkbox"/> Video/camera, memory card, data & power cable, tripod | <input type="checkbox"/> Baby nail clippers |
| <input type="checkbox"/> Power supply for electronics | <input type="checkbox"/> Cooler for snacks and/or placenta transport | <input type="checkbox"/> Diapers and wipes |
| <input type="checkbox"/> Uncooked rice in tube sock (for hot/cold application) | <input type="checkbox"/> "Padsicles" (see recipe in "After the Baby Comes") | <input type="checkbox"/> Receiving blanket(s) |
| <input type="checkbox"/> Massage tools and oil, tennis balls in sock for low back | <input type="checkbox"/> Flip-flops, t-shirt for the shower | <input type="checkbox"/> Baby hats, socks and extra outfits, including a special coming-home outfit |
| <input type="checkbox"/> Coins/cash (vending machines) | <input type="checkbox"/> Extra bags for gifts, dirty clothes | <input type="checkbox"/> A way to get baby home - car seat (install in car early), stroller and/or baby wearing device |
| <input type="checkbox"/> Breath mints for labor assistants | <input type="checkbox"/> Clothes for a few days: | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Antacid tablets | <input type="checkbox"/> Nightgowns with nursing openings, robe | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hair ties | <input type="checkbox"/> Underwear, sanitary pads | |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Regular bra, nursing bra, nursing pads | |
| <input type="checkbox"/> Snacks, drinks, straws | | |
| <input type="checkbox"/> Lollipops or hard candy | | |

Pack just before leaving the house

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| <input type="checkbox"/> Your Blissborn manual and hypnosis sessions, especially Session 6, the "Time to Move" car session, and postpartum sessions | <input type="checkbox"/> Pillows (2, in colored cases) | <input type="checkbox"/> Facial cleanser, moisturizer |
| <input type="checkbox"/> Check car seat (installed) | <input type="checkbox"/> Birth ball (unless your birth place has one) | <input type="checkbox"/> Toothbrush and toothpaste |
| <input type="checkbox"/> Insurance cards | <input type="checkbox"/> Cell phone and charger | <input type="checkbox"/> Shampoo and conditioner |
| <input type="checkbox"/> Photo ID, payment method | <input type="checkbox"/> Prescriptions and vitamins in original containers | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> App/watch to time contractions | <input type="checkbox"/> Toiletries: | <input type="checkbox"/> Glasses or contact lenses |
| | <input type="checkbox"/> Cosmetics, comb or brush | <input type="checkbox"/> _____ |
| | | <input type="checkbox"/> _____ |