What to pack for the Hospital

For Mom:

- ☐ Your insurance card or medical card (required at admission desk)
- ☐ Childbirth class notes, labor hints, Lamaze book
- ☐ Copies of your birth plan
- ☐ Relaxation music (CD player available in every room)
- ☐ Lip balm
- ☐ Massage oil or lotion
- ☐ Camera (film, if needed), extra batteries
- ☐ Address book with phone numbers, list of people to notify
- ☐ Prepaid phone card or calling card
- ☐ Cell phone (you are allowed to use this in the Birth Center area)
- ☐ Baby book (for footprints, guest signatures)
- ☐ Robe, socks, slippers, nightgown
- ☐ Bras: If breast feeding - 2 nursing bras; if formula feeding - well-fitted maternity or sports bra
- ☐ Shampoo, conditioner, comb/brush, other hair care items
- ☐ Deodorant, lotion, toothbrush and toothpaste
- ☐ Clothes and shoes to wear home (a **loose** outfit that you could wear at five months pregnant)
- ☐ Items to entertain your other children (videos, games, books)
- ☐ Copies of your Living Will and/or Power of Attorney, if you have them

For your Partner/Coach:

- ☐ Change of clothing
- ☐ Snacks
- ☐ Change for vending machines

For baby:

- ☐ Clothes for hospital baby photo and/or for going home
- ☐ Socks or booties
- ☐ Hat or cap if desired
- ☐ Infant car seat (Illinois law requires your baby to use one)
- ☐ Three receiving blankets (for use in car seat)
- ☐ One heavy blanket (to cover car seat)
- ☐ If formula feeding: a pacifier, if you plan to use (hospital does not provide any)

During your stay with us the hospital will provide:

- Blow dryer
- Hospital gowns
- Disposable panties and sanitary pads
- Baby gowns and blankets (will need your own for home)
- Enough disposable diapers for your hospital stay (have a supply ready at home)
- If formula feeding: ready to use bottles of formula (you will need your own supply for home)

***Technology tip:** *Wireless laptops can be used in the Birth Center. You will be able to use our Guest network while you are here.*