

Packing List:

What to bring to the hospital

Her Bag

Documentation/Personal Identification
ID (drivers licenses/ passport and social security card)
Insurance card
Birth plan
Coins/cash for snacks
Debit/Credit Card
Admission paperwork

Electronics:

Phone/camera and chargers
Ipad/Tablet
Blue booth speaker
Headphones

Toiletries:

Shampoo, conditioner, dry shampoo, comb, body wash, toothbrush, toothpaste, deodorant, moisturizer, razor, tweezers, make-up remover, straightener, blow dryer etc.
Makeup
Labor Kit
Hair ties, bobby pins, head band, lip balm, lotion
Wash cloth
Postpartum spray/medicated wipes
Pads or adult diapers
Contacts/glasses/solution

If you breast feed:

Nipple butter
Breast pump
Breast pads

Clothing

Zipper sports bra or delivery gown
Socks
Loose robe or gown
Pajama's or comfortable clothes (dark colored)
House shoes
Going home outfit
Flip flops for shower

After labor:

Breast Feeding Pillow
Thank you notes and pens
Ear plugs
Belly wrap
Nursing bra/gown

For the Baby:

Baby Book/Journal

Toiletries

Burp cloth
Nail Clippers
Lotion
Diapers
Wet Wipes
Pacifiers
Bottles
Vaseline

Clothing

Onesies (2-3 newborn size)
Socks (2-3 pair)
Hat & Mittens
Car Seat
Going Home Outfit
Soft Blanket



HILL COUNTRY MEMORIAL

How healthcare is supposed to feel

For more information, call (830) 990-1845
or visit HCMBaby.org

His Bag

Documentation/Personal Identification
ID (drivers licenses/ passport and social security card)
Coins/cash for snacks
Debit/Credit Card

Electronics

Phone/camera and chargers
Ipad/Tablet
Headphones

Toiletries

Shampoo, conditioner, comb, body wash, toothbrush, toothpaste, deodorant, razor
Family medication /Tylenol and pepto/stool softener
Garbage bag for dirty clothes
Towels

Clothing

Wear Comfortable Clothes and Shoes
Bring extra clothes
Pajama's
House shoes/ sandals
Going home clothes

After labor:

Pillow

Older Sibling(s)

Snacks, toys/activities, books, change of clothes, big brother/sister gift

Snack Bag and What to Eat During Labor

As you approach active labor (regular contractions x 5 minutes apart), consider, light frequent healthy foods. Try to make sure your meals are as varied and nutritious as possible. You should try to eat foods from the four main food groups. On the way to the hospital, focus on clear liquids.

Foods to eat while in early labor and bring with you:

Water Bottles: it's important to stay hydrated
Gatorade/Pedialite
Fruit juices without pulp
Nuts
Bars
Whole wheat/seed crackers
Graham crackers
Fruit
Fresh smoothies
Bananas/apples/celery with almond butter
Soup/broth
Noodles or brown rice
Scrambled or boiled egg
Apple sauce
Wholesome cereals

Note: Avoid sugary, fizzy, carbonated drinks, fried food and fast food.