

# What to Bring to the Hospital

## Items we provide for YOU:

- A hospital gown
- Disposable undergarments and personal hygiene supplies
- Basic toiletry items

## Items we provide for YOUR BABY:

- Shirts and a hat
- Swaddling blankets
- Diapers
- Wipes
- Any other medically necessary items

## Checklist: During Labor

### Essential items you and your support person will need while you are in labor.

- **Important documents**
  - Bring your picture ID, health insurance card, any hospital paperwork and your birth plan (if you have written one)
- **Labor and delivery clothes**
  - Pack a comfortable bathrobe, a loose-fitting nightgown (with a front opening for breastfeeding), slippers or flip flops and socks.
- **Necessities for your support person/spouse**
  - Include a toothbrush, pillow, snacks and a change of clothes for the person who is accompanying you to the hospital.
- **Cellphone and charger**
  - You will likely want to stay in contact with loved ones before and after your baby arrives.
- **Comfort items**
  - This can include a pillow, glasses, iPOD, a book, camera, hair ties, lip moisturizer and any other items that will help you relax.
- **Cash**
  - Pack some spare change and cash in your bag in case you want a snack from the vending machine or want to visit our gift shop.
- **Baby book**
  - The nurses can get your baby's footprints in a special book that you have been using to track your pregnancy.

# Checklist: After Delivery

**You should bring these items for you and your baby after delivery.**

- **An approved and installed car seat**
  - Our Safe Kids coordinator can assist with car seat installation before your delivery.
  - Call 864-560-6845 for more information.
- **A change of clothes**
  - You should bring a change of loose, comfortable clothes if you choose not to wear the hospital gown. A fresh nightgown, socks and slippers will help you feel better during your stay.
- **Clothing for baby**
  - You may want to bring one or two sleepers for your baby, along with a swaddler.
- **Breastfeeding supplies**
  - If you are planning to breastfeed, you may want to bring a nursing pillow, nursing pads and/or a nursing bra.
- **"Going home outfits"**
  - Pack an outfit each for you and your baby. Remember that you will not fit into your pre-pregnancy clothes right away, so maternity clothes are the best choice.
- **Snacks**
  - After labor, you will probably be hungry -- and you don't want to rely on the cafeteria being open or waiting on food service. Bring healthy, filling snacks such as crackers, fruit, nuts or granola bars.
- **Toiletries**
  - Pack a few personal items, such as shampoo, conditioner, body wash, lotion, a toothbrush, toothpaste, deodorant, a hairbrush, a headband or hair tie.

**We can't wait to meet you  
and your baby!**

