

**East Carolina University School of Medicine
Department of Family Medicine
Eastern Carolina Family Practice Center**

WHAT SHOULD I PACK TO TAKE TO THE HOSPITAL?

Following is a list of items you may wish to pack to take to the hospital. Check with your hospital to find out in advance what will be available. Plan to pack about 2 weeks before your due date so that you will have everything you need and not have to pack after you go into labor.

- Pillow(s)
- picture, etc. for focal point
- lollipops or mouthwash
- toothbrush and toothpaste
- Glasses (in case your contacts need to be removed)
- socks (several pairs)
- hairbrush
- rubber band / scrunchies / barrettes for long hair
- comfortable gown
- slippers for walking in halls
- watch
- birth plan
- pad and pencil
- change for vending machines and phones
- list of phone numbers to call after birth
- snack for your coach or partner
- camera and film (be sure the batteries are okay)
- diversions for both mother and coach (cards, light reading, thank you notes, etc)
- hair dryer
- make up, shampoo, etc.
- 2-3 comfortable supportive bras (nursing bras if breastfeeding)
- tape recorder and blank cassette to record baby's first cries
- clothing for mother to wear home
- clothing for baby to wear home
- infant car seat for the trip home