

FOR MOM

Things You Definitely Need

- ID & Insurance Card
- Birth Preferences Form
- Cell Phone Charger
- Camera
- Contact Supplies / Glasses
- Toiletries
 - Toothbrush, Toothpaste, Deodorant, Shampoo, Lip Balm, Hair Ties, etc.
- Pajamas & Clothes for 2-3 Day Stay
- Socks / Houseshoes
- Pillow & Blanket
- Going Home Outfit
- Nursing Bra (if breastfeeding)
- Tight Sports Bra (if not breastfeeding)

Things You Might Like To Have

- Your Own Gown / Robe
- Small Fan (to clip onto bed)
- Absorbent Postpartum Underwear
- Your Own Towel
- Large Cup / Tumbler for Ice / Water

FOR BABY

- Going Home Outfit
- Any Clothes for Baby to Wear
- Car Seat (leave in car until day of discharge)

FOR SUPPORT PERSON

- Clothes for 2-3 Day Stay
- Toiletries
- Pillow & Blanket
- Comfortable Shoes
- Snacks / Drinks
- Cell Phone Charger

ITEMS WE PROVIDE

- Birth / Peanut Balls
- Hospital-Grade Breast Pumps
- Diapers
- Wipes
- Formula / Nipples
- Pacifiers
- Care Items for Mom
 - Pads, Ice Packs, Mesh Panties
- Basic Toiletries
- Blankets, Shirts, Hats, & Mittens for Baby
- Meals for Mom