

## What To Bring to the Hospital for Your Birth

I recommend:

- Something loose and long to labor in (like a hospital gown, I chose a long button down shirt, but a pareo/sari and loose top works too, or a light loose robe)
- Something to wear postpartum and home from the hospital.
- Sweater or zip up hoodie in case you want an extra layer
- Socks, slippahs or shower shoes if you don't want to be barefoot.
- A comfy pillow (and blanket if you like for coziness - plenty blankets available there on request)
- Toothbrushes/tooth paste, hairbrush/typical overnight bag kind of stuff
- A jacket/hoodie and extra T-shirt for Partner, board shorts if s/he wants to join you in the shower, comfy shoes and anything s/he might need to possibly stay up all night and on their feet.
- Clothes for baby, receiving blanket if you don't just want to use hospital blankets, little hat if you don't want to use hospital hat (though I do not believe hats to be necessary if you keep your room warm and baby skin to skin)
  
- Both of you need your IDs and Mama's insurance info
- Phones, phone chargers/camera
- Any favorite massage oil or essential oils
- Music!
- Inspirational mantras or photos printed out and tape for putting on wall/mirror
- Copy of Birth Preferences for nurses
- Some families like to bring treats for the nursing staff (box of candies or cookies/granola bars is nice)

Cooler packed with:

- Some sort of yogurt - I believe this is one of the best pick me up foods. Currently, nurses do not allow eating during labor, only clear fluids, so a thermos of miso broth or something similar might be a good idea. There is no evidence to prove it is dangerous for a low risk woman to eat during labor, so bring easy foods and find a way to eat them if you are hungry and need sustenance.
- Cut up fruit, easy to put in your mouth and barely chew (melon, berries, juicy orange slices, grapes...)

- Honey sticks or something sweet for energy
- Anything else you think you might like
- Something for Partner to eat (I always bring breakfast bar type things for myself, s/he may like a sandwich or a few extra yogurts)
- Recharge/coco water/homemade electrolyte drink (there is plenty cups, straws and regular water available)

I have the diffuser, lavender and clary sage oils, hot water bottle with an electric tea pot for hot water (can be used to make tea, too, if you have a fave to bring, with a mug), heating pad, rebozo, electric candles and the ball and the stool.

I can carry all of my stuff plus one more bag. Plan on keeping it to a cooler, back pack/shoulder bag, and one more bag/suitcase so if need Partner and I can carry everything all up at once and still lend you a hand! Or pack postpartum items in a separate bag that I can retrieve from your car later.

The hospital will provide you with plenty maternity pads, some big undies, a squeeze bottle to spray warm water on your bottom (helps soothe before and after peeing postpartum). More towels for a postpartum shower (they supply a simple body wash). It can be nice to have some sort of heat pack at home to put on outside of pad/panties for comfort, especially if you get stitches. Hospital goes with cold pack, which can be soothing, but holistically, heat is more healing.

Kristina Statler  
North Shore Midwifery and Doula Resource  
[islanddoula.weebly.com](http://islanddoula.weebly.com)