

Packing for the Hospital

Be ready to go!

It's a good idea to have a bag packed and ready to go! It will help ease stress when it's time to go to the hospital. It also gives you a chance to add to it as your labor approaches.

Here are a few suggestions on what to pack.

Women often ask what to bring for their hospital stay. Bring your personal items, as well as the things you want to have with you through labor and birth.

Personal Items

- Cell phone and charger or prepaid phone card for long-distance calls.
- Personal toiletry items for you and your partner (hair dryers are provided).
- Eyeglasses, contact lens items.
- List of your current medicines.
- Snacks for you and your partner (you can store cold snacks in the refrigerator in your room).
- Comfortable clothes for you and your partner (we provide a robe and hospital gowns).
- Books, magazine, DVDs , CDs, camera, batteries, etc. Docking station if desired (your room may have a CD player).
- Favorite pillow(s), blanket, or other comfort items (label them with your name).
- A copy of your birth plan. See the chapters “Birth Choices” and “My Birth Plan” in this book for more information.
- A focal point to hold your attention, such as a soothing picture or object.



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- Laptop computer, tablet, power cord, cable, etc. UW Medicine has free WiFi.
- Lip balm, breath mints.
- Drug insurance card (to have prescriptions filled at UW Medicine pharmacies).

Other Items for Your Hospital Stay After Birth

- Nightgown, pajamas, robe, and slippers.
- Nursing bra, if you would like.
- Small amount of money for your partner or family to use at the gift shop, espresso stand, cafeteria, etc.
- Comfortable clothes to wear when you go home (you may still be in your maternity clothes).
- Sanitary pads (these are provided, but if you have a brand you prefer, bring your own).

Items for Your Baby

- Diaper and clothing for baby to wear home (be sure the baby clothing allows the car seat strap to be buckled between the baby's legs). We will provide diapers and clothing for your baby while you are at the hospital.
- An infant car seat.

Questions?

Your questions are important. If you have questions about what to bring to the hospital, call your healthcare provider during office hours.