

Labor and Delivery Packing List

Packing for the Big Day

Having everything you need at the hospital can make the labor and delivery experience more comfortable for you and your support person. We have prepared this list that includes necessary items such as your picture ID and a car seat, as well as optional items that may make your personal experience more enjoyable.

.....

Packing Checklist

Important Documents

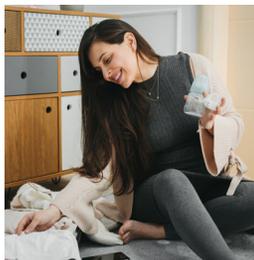
- Photo ID, health insurance card and any required hospital paperwork
- Birth plan (if you have one)

Items For Mom

- Robe and a loose-fitting nightgown with a front opening if you plan on breastfeeding
- Socks, slippers and/or flip flops
- Loose-fitting outfit for going home
- Breastfeeding supplies including a nursing pillow, nursing pads and/or a nursing bra

Items for Your Support Person/Spouse

- Toothbrush and a pillow
- Snacks
- Change of clothes



Items For Baby*

- One or two sleepers and a swaddling blanket
- Going home outfit
- Car seat – You must have an approved car seat installed prior to bringing your baby home. Bring your car seat into the hospital just before discharge. If you have questions about car seats and their installation before having your baby, please call our Safe Kids coordinator at **864-560-6845**.

**We discourage the use of pacifiers with newborns as they can make it more difficult for baby to attach to the breast. They can also interfere with cue-based feeding possibly resulting in missed feeds and decreased milk supply. Pacifier use in the breast-fed infant should be delayed until breastfeeding is well established, usually around 3-4 weeks.*



Items Provided by the Hospital

What We Provide For You

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

What We Provide For Your Baby

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

Miscellaneous

- Cell phone and a long charging cord
- Comfort items including a pillow, glasses, tablet, book, hair ties and lip moisturizer
- Camera
- Cash (including coins) for vending machine snacks