

# Getting Ready for Delivery Day

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## Labor Bag Checklist

- Admission forms/papers
- Camera and/or video camera
- Extra batteries/battery pack
- Film and tapes
- Cell phone & charger
- Birth plan
- Facecloth from home (colored, so it doesn't get into hospital laundry)
- Focal point
- Lollipops and hard candy (for dry mouth)
- Lotion and/or powder (for massage)
- Massage/aromatherapy oils
- Tennis balls (for back massage)
- Contact lens case/lens supplies and glasses
- Hair bands (ponytail holders)
- CD Player & CDs or MP3/iPod
- Extra pillow/s (colored pillowcase, so it doesn't get into hospital laundry)

### **For your coach:**

- Change of clothes
- Snacks or money for vending machines
- Reading material

## Hospital Bag Checklist

- Baby book
- Phone number list
- Bathrobe
- Loose, comfortable outfit to go home
- Nightgown (optional)
- Nursing bras
- Nursing pads
- Slippers
- Brush/comb
- Deodorant
- Makeup/cosmetics
- Shampoo/conditioner
- Toothbrush/toothpaste

### **For Baby:**

- Approved car seat
- Going-home outfit
- Hat/cap/baby socks
- Receiving blankets