

What to Pack

FOR YOUR LABOR AND DELIVERY



For You

- Contacts, case & solution
- Eye glasses
- Deodorant
- Face & body wash
- Shampoo & conditioner
- Toothbrush & toothpaste
- Lip balm
- Lotions/moisturizers
- Head band or ponytail holders
- Birth plan (if you have one)
- Driver's licenses (both parents)
- Insurance Cards
- Cell phone & charger
- Loose, comfortable clothes
- Pajamas
- Nonskid socks/slippers
- Cotton or maternity underwear
- Warm robe or sweater
- Nursing pillow (Boppy)
- Nursing bra
- Breast pump
- Personal pillow and/or blanket
- Comfort items like a speaker or diffuser
- Your list of questions!

For Your Support Person

- Hygiene products
- Change of clothes
- Snacks
- Cell phone & charger
- Camera & accessories
- List of family & friends to call

For Baby

- Approved infant car seat
- An outfit for pictures
- An outfit for going home
- Baby book (for footprints)
- Receiving blanket

Tips & Tricks

- **Make a list of your questions and concerns.** While you're at Cass Health, our nurses and doctors are here to help you learn and become confident about caring for your newborn. No question or concern is too small or silly — if it's of concern to you, then it's of concern to us, too.
- **Pack separate bags for you and for baby.** With separate bags, it will be easier for you to find what you need quickly.
- **Use your diaper bag to pack for baby.** When you leave the hospital, you'll leave with some basic care items (bulb syringe, wipes, etc.) that are great to have stashed in the diaper bag. We will also supply diapers, wipes, and formula while you're at the hospital, and you'll be able to take those items home with you.
- **Pack a mesh laundry bag or a plastic bag.** At the hospital you can stash dirty clothes and blankets in the bag. When you unpack at home, you can easily sort what needs to go straight to the laundry.
- **Buy travel-size hygiene products.** You'll be able to pack those ahead of time, so you don't have to worry about packing your own toiletries at the last minute.
- **Add these phone numbers to your contacts.** Before you deliver, and even after you're home with your baby, we are happy to answer your questions.
 - OB Navigator 712-250-8156
 - OB Department 712-250-8862
 - Emergency Department 712-243-3250
 - Atlantic Medical Center 712-243-2850