

## What You Should Bring To The Hospital

### For mom, remember to bring

- ANYTHING that will make you more comfortable
- Music, movies and your players
- Personal care items—toothbrush/paste, shampoo, comb/brush, lotion, shower gel, etc.
- Cotton socks (or slippers), supportive bra or supportive nursing bra
- Breast pump
- Loose comfortable clothes for going home
- Your “Preferences for Your Birth Experience form” to give to your nurse when you arrive. Find the [Preferences for Your Birth Experience form](#) on [centracare.com](#)
- Only a small amount of money, if any, is all you might need. Please leave your valuables and wallet/purse at home
- Please remove all body piercings, even earrings, for both vaginal or cesarean births before you arrive

### For labor support person, remember to bring

- Sweatshirt or sweater, T-shirt, comfortable clothes, etc.
- Personal care items—toothbrush, etc.
- Snack food, money for beverages and food
- Camera, batteries, video camera, chargers
- Laptop computer, if desired

### For baby, remember to bring

- T-shirt and sleeper/outfit for going home
- Special outfit for hospital photo, if desired
- Hat and blankets for going home
- Car seat. Learn how to secure the car seat in your vehicle before coming to the hospital. Check [Child Passenger Safety Events](#) on [centracare.com](#) to make an appointment to have a certified Child Passenger Safety Technician check the safety and fit of the car seat in your vehicle.
- Baby book for baby’s footprint, if desired