Here is a suggested list of items to bring with you to the hospital:

TIP: Pack in a rolling suitcase if possible. Some families bring a beach wagon. We have wheeled carts for you to use as needed.

- Electronics (laptops, phones, tablets, etc.) and charger(s) with long cords.
- Insurance card, photo ID, and hospital paperwork
- Birth plan/preferences
- Eyeglasses/contacts & solution
- Basic toiletries, including lip moisturizer & hair bands or ties
- Loose, comfortable clothes to wear during your stay, including sports bra
- Bathrobe, socks, slip-proof slippers
- Books, magazines

Suggested items to help with labor:

- Birthing/yoga/exercise ball to ease backache/contractions
- Massage lotion and massage tools (tennis ball works!)
- Aromatherapy oils and cloth, LED candles, or LED string lights
- Sentimental items from home such as a favorite pillow or blanket (TIP: bring bright-colored fabrics to decrease chances of leaving at EUHM by mistake)
- An item to visually focus on during labor, such as ultrasound or vacation photo
- Music/play list

For Support Person:

- Directions to hospital
- Electronics (laptops, phones, tablets, etc.) and appropriate charger(s)
- Basic toiletries
- Snacks, mints, gum

For Mom after baby is born:

- Snacks
- Nightgown
- Nursing bra
- Loose, comfortable clothing and shoes for when you leave the hospital

For Baby:

- Infant car seat (installed in car)
- Emory board/nail file to trim baby's nails
- Pair of socks or booties
- Clothing and blanket to wear when leaving hospital
- Special clothing for professional photos (if desired)