



# PACKING YOUR SUITCASE

Miriam F. Acheson Family Birth Place  
at McLaren Port Huron

As your delivery date approaches, a list of things to pack to bring with you to the hospital may be helpful. Here are a few lists to consider:

## For Labor:

- Photo identification
- Insurance card
- Prenatal record (if provided)
- Eyeglasses or contacts (you may want to leave contacts at home or bring an extra pair and supplies)
- Your birth plan or guide (if you have one)
- Cell phone with chargers
- Any comfort items you may want to bring:
  - Pillows
  - Music player
  - Electric tea candles
  - Something to read or watch before labor begins
  - Aromatherapy aids
- Chapstick and lotions
- Hair ties
- Socks (2 pairs that can be thrown away if needed)

## What Not To Bring:

- Jewelry
- Large amounts of cash
- Other valuables
- Medications (unless instructed by provider)
- Diapers

## For Your Partner/Labor Coach:

- Camera with batteries, charger and memory card
- Toiletries
- Comfortable shoes and clothing
- Something to read and watch
- Snacks
- Money/credit card for food
- Change for vending machines

## After Delivery:

- Loose, comfortable clothing
- Toiletries
- Nursing bras
- Maternity underwear
- Comfortable clothing and shoes for going home
- Robe if desired

## For Your Baby:

- Car seat, base installed in car
- Going home outfit
- Blankets
- Hats
- Breastfeeding support pillows