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Nested LLC: Hospital Packing Checklist for Expecting Families During COVID-19 Pandemic

We hope this hospital packing check list provides you guidance to help you and your support person to stay safe and have a positive labor experience as you prepare for baby's arrival!

Should you undergo a c-section, you will most likely have limited mobility after the surgery. As such, it may make more sense to take the 'less is more' approach to packing. Be sure to pack the 'essentials' and note that some of the items listed might be viewed as "nice to have".

NOTE: Please be sure to check with your hospital before you leave your home as hospital policies are constantly evolving due to the COVID-19 pandemic.

Essentials Documents

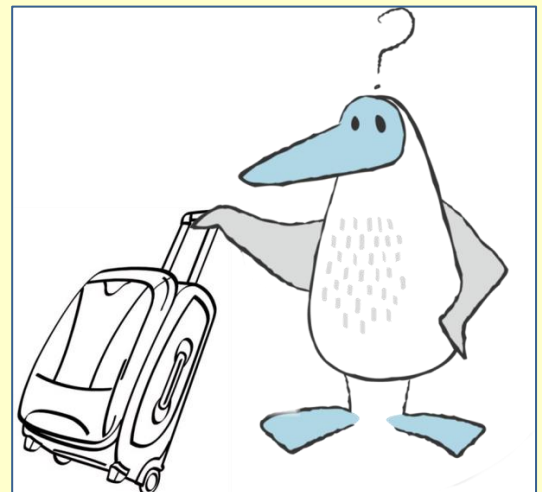
- List of "To Dos" for before you leave your home for the hospital (e.g., pet sitter, set the alarm, water the plants, etc.)
- Photo ID and insurance cards
- Forms and paperwork you've been asked to complete by the hospital and/or for insurance
- Birthing plan, if you have one
- A journal / notebook to take notes and / or jot down your thoughts as well as track feeding and diaper change times
- List of medications

Technology

- Camera/video camera, phone, tablet AND chargers
- Anything to assist with virtual support from a doula, family and/or friend(s) during labor & after delivery (consider two devices for different spots in the room)
- Contact list for sharing your big news
- Watch or smartphone with app to time contractions
- Wireless speaker(s) and earbuds
- Playlists of favorite songs

Things to make YOU feel more comfortable

- Don't forget your face mask(s)!
- Slippers and warm, cozy (no-skid) socks
- Hair elastics
- Toiletries bag: lip balm, lotion, hairbrush, toothbrush, toothpaste, deodorant, face wash, shampoo, conditioner, contact lens case & solution
- Makeup (for pictures)

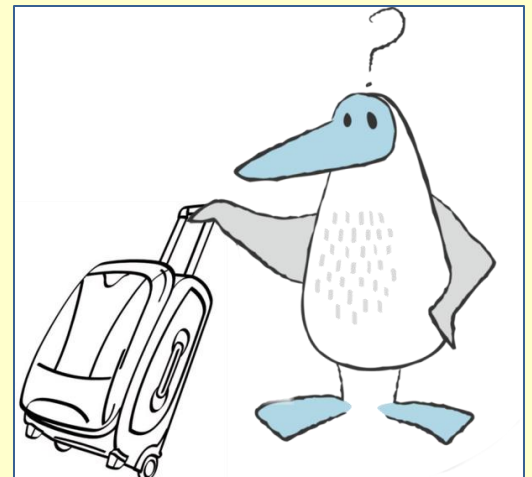




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- Eye mask
 - Flip-flops for the shower
 - Pillows (many for partner) and comfortable blanket
 - Music, flameless candles, essential oils
 - Hand held massager
 - ThermaCare lower back heat wraps
 - A bathrobe, fleece, sweater
 - Loose, comfy clothes to wear home
 - Pajamas that can unbutton for breastfeeding
 - Nursing bra (you will most likely be fitted & can purchase later)
 - Pumping bra (you may be encouraged to pump, in addition to breastfeeding, during your stay)
 - Breastfeeding pillow
 - Clear liquids (gummy bears, broth, honey sticks, red raspberry leaf tea, sports drinks, coconut water, electrolyte water)
 - Plenty of drinks, food AND snacks (pre-labeled) for several days – you may be able to order food to be delivered and/or order from the cafeteria
 - Refillable water bottle(s) / large mugs with lids (bonus if you can be accessed with one hand) -- The plastic pitchers provided by the hospital may be somewhat flimsy, AND, the use of straw may be discouraged by my nurses if/when trying to relieve gas.
 - An EMPTY large collapsible bag to take home the medical supplies and essential baby items (e.g., the basin given to wash the breast pump parts, etc.)
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- Things for Your Partner**
 - Don't forget your face mask(s)!
 - Clothing for several days (shirts, pants, sweater, pjs, socks, underwear, etc.)
 - Button down shirt for skin-to-skin contact
 - Sweater, fleece (hospitals are chilly, and if a c-section is needed)
 - Toiletries: toothbrush, toothpaste, deodorant, shampoo, conditioner, lotion, contact lens case and solution
 - Medications for several days
 - Plenty of drinks, food AND snacks (pre-labeled) for several days – you may be able to order food to be delivered and/or order from the cafeteria





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- Entertainment / Diversions for a long labor and several days in the hospital afterwards (books, tablets, music, puzzles, magazines, a deck of cards, laptop, handheld electronic games, etc.)
- Gifts for the nurses
- Cord blood / tissue kit and forms

- Things for the Baby**
 - Outfit to go home
 - Baby book for footprints
 - Approved infant car seat with the base properly installed in your vehicle
 - A few sleepers and onesies, socks and a hat
 - Cozy blanket and several receiving blankets

Miscellaneous Items

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

