



EASTON HOSPITAL QUALITY CARE.
RIGHT HERE.

What to Bring to the Hospital

For the labor/delivery and recovery rooms:

- Current Insurance card/information and Driver's License/Pediatrician's name
- A baby name book (if needed)
- Warm socks and slippers
- Address book or list of family and friends to be called
- Robe and two to three nightgowns
- Toiletries including soap, shampoo, conditioner, deodorant, toothbrush, toothpaste, hairbrush, makeup and any other essentials of beauty or hygiene
- Lollipops
- Glasses or contact lenses
- Cameras, film, tapes and fresh batteries
- A radio/cassette or CD player (battery operated) if you find music relaxing and soothing
- A tennis ball for firm counter massage if you have lower backaches
- A sandwich or other snack food for Dad

A going home list for Mom:

- Bra or nursing bra if breastfeeding
- A roomy outfit, keeping in mind that you still will be sporting a little tummy after labor
- Panties
- Shoes and socks
- Coat or sweater if necessary
- Shopping bag to bring home gifts

A going home list for baby:

- Infant car seat installed in your vehicle
- One undershirt
- Socks or booties
- One receiving blanket
- Sweater and cap, in cool weather
- Heavy blanket, in cold weather