

Are you ready for your labor day?

Having a birthing bag prepared before going into labor will help minimize the stress of this big day.

What to have when you arrive at the hospital:



- Photo ID for yourself and your support person(s)
- Insurance Card
- Cell phone & charger

Things that can comfort you during labor:



- Gum or mints
- Chapstick
- Comfy pillow or blanket from home (for you and your support person)
- Laptop or iPad with your Netflix password saved. Please no PlayStation, Xbox, or Firestick/Chromecast. We can't plug items into the hospital TVs
- Items to make your room feel more comfortable (soft lights, oil diffuser, Bluetooth speaker)
- SNACKS! The hospital cafeteria has limited hours and labor happens 24/7

Personal items:



- Toiletries for you and your support person, including shower/hygiene items, glasses/contact lens supplies, deodorant, toothbrush/toothpaste and any medications
- Comfortable clothing such as bathrobes, leggings, pants or shorts, t-shirts and sweatshirts, nursing bras or tanks, if breastfeeding
- Basic flip flops, slippers

For your baby:



- 1-2 hats (baby will receive a knitted hat made by our volunteers)
- Seasonally appropriate going home outfit
- Car seat!
- Baby book – we can stamp your newborn footprints

At Highland Hospital you will have access to:



- Postpartum underwear, pads, peri bottle, socks
- Pre-mixed formula
- Disposable bra pads, hospital breast pump, lanolin cream
- Size Newborn and 1 diapers (*Highland uses Pampers brand*) and wipes
- Baby soap (*Highland uses the Gold Johnson & Johnson brand*)

