

Family Birthing Center

What to Bring on the Big Day

What to Bring to the Hospital

When you arrive at the hospital you will only need to bring in a small bag containing your labor supplies. Please leave all other luggage in the car. These other items can be retrieved after the delivery. Please leave all valuables at home. Average stay in the hospital for a vaginal delivery is 1-2 days and for a C-Section is 2-3 days.

Labor and Delivery Supplies for Mom

- Contact lens case and solution, eyeglasses
- Baby book for footprints, if desired
- Socks
- Hairbrush, hair clips or scrunchies
- Toothbrush and toothpaste
- Your choice of music to labor with
- Birth ball (supplied by hospital) and/or other labor aids
- Lip moisturizer
- Unscented lotion or oil for massage
- Slippers or comfortable shoes
- Camera
- Cell phone and charger
- Phone list
- Laptop with charger, if desired. Advocate Lutheran General Hospital has free wi-fi: ahc-pub
- Pillows, if you prefer your own. Please do not use a white pillowcase, so your pillow won't be mistaken as hospital property.

Supplies for Support Person

- Comfortable clothes
- Low-odor snacks and drinks
- Sweatshirt, in case mom wants the labor room cool

Postpartum Supplies for Mom

- Sleepwear, including robe (Mother may prefer to wear hospital gown during stay)
- Shoes or slippers to wear around the hospital
- Nursing bra

- Bring your personal toiletries (sanitary pads, white mesh panties and nursing pads will be provided)
- Comfortable outfit for the trip home

Postpartum Supplies for Support Person

- Pajamas or loose-fitting clothes for sleeping
- Shoes or slippers to wear around the hospital
- Toiletries
- Clothes for the one or two day stay

Postpartum Supplies for Baby/Babies

- Infant Car Seats
Go to www.healthychildren.org/carseats for information on choosing the proper car seat.
* Hospital staff is unable to assist you with the installation or use of the car seat due to hospital policy.
- One or two laundered outfits and appropriate outerwear for the trip home
- You might consider a "special" outfit for baby pictures by Bella Baby (picture purchase is optional)
- Diapers, clothing and wearable blankets will be provided. Do not take any hospital-issued clothes and blankets home.