

# Your complete hospital packing list

## FOR MOM

### Clothes

- Loose-fitting pajamas
- Slippers or socks
- Robe
- Cotton panties
- Maternity sweats/shirts
- Going home outfit
- Sweater or zip-up hoodie
- Slip-on shoes (slippers, flip flops)
- 2 Nursing bras
- Nursing cover/blanket
- Mask

### Toiletries

- Deodorant
- Shampoo/conditioner
- Soap/shower gel/face wash
- Lotion
- Toothbrush/toothpaste/floss
- Lip balm
- Hand sanitizer
- Makeup
- Hair clips, ties, headband
- Hairbrush/comb
- Sanitary pads
- Breast pads
- Nipple cream
- Towel

### Comfort

- Glasses or contacts
- Phone
- Tablet
- Charger
- Headphones
- Pillow/pillow case
- Nursing pillow
- Music/bluetooth speaker
- Favorite snacks
- Water bottle
- Book/diary/magazine

## FOR BABY

### Clothes

- Undershirt
- Going home outfit
- Sleeper/onesie
- Mittens, hat, booties
- Burp clothes
- Receiving blanket

### Other

- Bottles (if needed)
- Pacifier
- Changing pad
- Car seat, properly installed

## FOR PARTNER

- Set of clothes
- Snacks
- Water bottle
- Phone & phone charger
- Credit or debit card
- Mask
- Blanket
- Magazines/books
- Toiletries
- Camera
- Gifts for nurses or siblings

## IMPORTANT ITEMS

- Insurance card
- Drivers license
- Registration paperwork
- Birth plan
- OB/pediatrician contact information
- Family/friends contact information
- Camera, extra battery, memory card
- Change for vending machines

If you forget something, please ask your nurse for assistance. We want your stay with us to be comfortable and worry-free.

*\*Please leave jewelry, large amounts of cash and other valuables at home.*

Reminder, pre-register to deliver at St. Francis Medical Center within the second trimester of your pregnancy. To pre-register, call (318) 966-3328.



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