

Preparing for Childbirth: Hospital Packing List

A few weeks before your due date, you might start gathering a few things to bring with you when you're ready for delivery.

Your hospital room comes furnished with most of what you'll need during your stay. Consider watching the tour video on the childbirth website to get an idea about what will be provided.

There are some items you may want to bring to make your stay feel more like home.

Here's a short checklist:

- ☐ Birth plan
- ☐ Nursing bra
- ☐ Slippers & extra socks
- ☐ Loose fitting pants to wear home
- ☐ Toothbrush & toothpaste
- ☐ Shampoo & conditioner
- ☐ Hairbrush, hair ties or clips
- ☐ Deodorant
- ☐ Contact lens case & glasses, if you wear them
- ☐ Smart phone or tablet with charging cable
- ☐ Change of clothes

Optional:

- ☐ Food & beverages to store in your mini-fridge
- ☐ Personal pillow & blanket for your comfort
- ☐ Book, entertainment options

Baby

- ☐ Approved car seat (install this before your baby's birth)
- ☐ Outfit for going home
- ☐ Blanket
- ☐ Hat

More ways to get ready

- Watch a video tour of the childbirth center
<https://www.peacehealth.org/locations/bellingham/childbirth-center-peacehealth-st-joseph-medical-center>
- Pre-register before your due date by calling [360-788-7724](tel:360-788-7724).
- Sign up for childbirth classes at <https://cceclasses.btc.edu/collections/childbirth-education>.

Is it time? Call [360-535-7159](tel:360-535-7159) to let us know you're on your way.