What to Pack for Your Hospital Stay

Having your bags packed several weeks before your hospital stay will help reduce stress on delivery day, since you'll be ready to go as soon as labor begins. For your convenience and peace of mind, we've provided the following sample checklist of items to make sure you've got everything you need for your time at Sacred Heart.

You may want to pack two bags — a small overnight bag for the items you'll need during labor and a larger bag for everything else that you'll need later after your baby arrives.

For Labor and Delivery

- Your Birth Preferences
  Bring three copies — one for you, one for your nurse and one for your physician. Our Monogram Maternity birth designer is available to meet with you during your pregnancy to help you build your birth preferences and provide education about what to expect in labor and delivery. To schedule an appointment, call 850-416-6378 (NEST) or e-mail MonogramMaternity@shhpens.org.
- Picture ID
- Your Insurance Card
- Copy of Your Hospital Registration Form
  This is available in the back of this book or at www.sacred-heart.org/childbirth.
- Your Pediatrician's Name
  To give your baby the healthiest start possible, we recommend that, prior to your baby's birth, you choose the doctor who will care for your little one during your hospital stay and beyond. Before you deliver, visit your pediatrician so you can ask questions regarding breastfeeding, check-ups and immunizations. For assistance in choosing a pediatrician, please call (850) 416-1600 or visit www.sacred-heart.org.
- Labor and Delivery Outfit
  Some mothers choose to wear their own clothes during labor, rather than the traditional hospital gown. Choose something loose and comfortable that you don’t mind getting soiled. You’ll need to wear a loose skirt or dress instead of pants so that your practitioner can check your cervix. Tops should have short, loose sleeves so you can have an IV placed and your blood pressure can be checked easily. Monogrammed, keepsake hospital gowns are also available for sale through the Monogram Maternity office, located in the Medical Office Building Suite 307. Monogram Maternity is open Monday through Friday from 9 a.m. to 5 p.m.
- Slippers
  For walking around the hospital during early labor or after delivery.
- Socks
  To keep your feet warm.
- Eyeglasses
  Even if you usually wear contacts, you’ll probably need or want to take them out at some point during your stay.
- Hair Clip or Band
  To keep hair out of the way during delivery.
- Lip Balm
- Pillow from Home
  To add a touch of familiar comfort. If you pack your favorite pillow, please choose a patterned pillowcase so it won’t get mixed up with hospital pillows.
- Magazines or Book
  For down time while you’re waiting for baby to arrive.
- Music Player
  Soothing music can help you relax before and after delivery.
- Massage Oils, Tennis Balls or Rolling Pink
  For massage to relieve pain from back labor.

For Your Partner/Labor Coach

- Toiletries
  Toothbrush, toothpaste, shampoo, deodorant.
- Change of Clothes
- Snacks and Reading Material
  For down time while you’re waiting for baby to arrive.
- Change
  For vending machine snacks. The hospital café, Wendy’s, Subway, Starbucks and Coffee Corner are also onsite and available for daytime snack runs. If you would like to pre-arrange to have a meal tray from our hospital café to be delivered to the room for your partner at the same time as your meals, please call Monogram Maternity at 850-416-6378 (NEST).
- Phone/Charger
  To alert your loved ones of your baby’s progress and photograph those precious first moments of your baby’s life. Don’t forget your charger!
For You

- Toiletries
  Toothbrush, toothpaste, deodorant, lip balm, makeup, hairbrush, shampoo and body wash.
- Fresh Nightgown and Robe
- Maternity Underwear
  Choose pairs that fit during your sixth month of pregnancy.
- Breast Pads
  These stop messy leaks by absorbing milk.
- Nursing Bra or Tank Top
  To support swollen breasts, keep breast pads in place and make breastfeeding easier.
- Nursing Pillow
  To reduce the strain on your arms, neck and back while nursing.
- Sanitary Pads
  These will be provided for your use after delivery, but you may be more comfortable with your favorite brand.
- Going-Home Outfit
  Choose something loose and easy to get into that fit during your sixth month of pregnancy, along with a pair of flat shoes.

For Your Baby

- Infant Car Seat
  To keep your baby safe on the ride home. You can't leave the hospital without one. It's the law!
- Going-Home Outfit
  An adorable outfit for your baby's homecoming.
- Hat
  Prevent heat loss by covering your baby’s head.
- Booties/Socks
  To keep little feet snug and warm.
- Receiving Blankets
  Newborns love to be swaddled.