

What to pack for your stay at the Dominican Hospital Birth Center



During your stay, we provide you with the following items:

- **Mom:** hospital gown, slipper socks, brief panties, pads, breastfeeding support and essentials, and aromatherapy
- **Baby:** diapers, t-shirts, blankets, and receiving blankets

In addition, we provide you with some comfort items to take home:

- **Mom:** essentials for the first few days at home
- **Baby:** diaper bag, onesie, hat, socks, and receiving blanket gift

You are welcome to bring anything that will make your stay more comfortable. Here are some items many new moms find helpful.

Mom and Partner:

- Personal toiletries (toothbrush, toothpaste, shampoo, conditioner, body wash, etc.)
- Lip balm
- Personal electronics (smartphones, computers, and tablets)
- Camera, batteries, and chargers
- Driver's license or ID card, insurance card, pediatrician and OBGYN contact information
- Flip flops
- Swimsuit for partner (if mom plans to shower during labor)
- Change of clothes for partner
- Nightgowns
- Nursing bras and nursing pads
- Comfortable clothes to wear home (generally maternity clothes)
- Breastfeeding pillow, if desired
- Snacks

Baby:

- Car seat (mandatory)
- Blankets and an outfit for going home