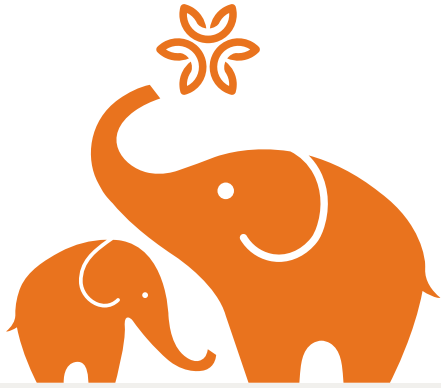


# What to pack for your stay at the Dominican Hospital Birth Center



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

- **Mom:** spa robe, hospital gown, slipper socks, brief panties, pads, breastfeeding support and essentials, and aromatherapy
- **Baby:** diapers, t-shirts, blankets, receiving blankets, and a Halo Sleep Sack

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

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

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