

What to Pack for Your Hospital Stay

Every woman is unique in what she desires during and after labor. The following items are suggestions.

For labor

- Personal toiletries
- Lip balm
- Camera, batteries and chargers
- Personal electronics (iPads, tablets, smartphones)
- Small wallet containing Driver's license or Identification card, insurance card, Pediatrician and OB/GYN information (i.e. business card)

For postpartum

- Robe, slippers, flip flops, nightgown
- Personal toiletries
- 3 nursing bras & nursing pads
- Clothes to wear home (5+ months pregnant)
- Breastfeeding pillow if desired

For baby

- Car seat (mandatory)
- Two blankets
- Outfit for going home, including hat
- Diaper bag

For partner

- Personal toiletries
- Swimsuit (if mom is going into the shower during labor)
- Change of clothes
- Sleepwear, slippers, flip flops
- Snacks
- Change for the Hank Thierry Café and vending machine

Sequoia Hospital provides

- Mom: robe, hospital gown, slipper socks, large mesh panties, pads
- Baby: diapers, t-shirts, blanket