

PACKING LIST FOR YOUR STAY WITH MYRTUE'S BIRTHING CENTER



WHAT TO PACK (MOM)

- Toiletries
 - Deodorant
 - Toothbrush / Toothpaste
 - Shampoo / Conditioner / Body Wash
 - Eyeglasses / Contacts / Solution
- Care Items
 - Hair ties / headbands / bobby pins
 - Hair Brush
 - Chapstick
- Comfortable clothing (2 - 3 days worth)
- Going Home Outfit
- Supportive Nursing Bra(s)
- Slippers
- Phone Charger
- Personal Pillow / Blanket
- Breast pump if you have one and are planning on using it

WHAT TO PACK (SUPPORT PERSON)

- Comfortable clothing (2 - 3 days worth)
- Toiletries
 - Deodorant
 - Toothbrush / Toothpaste
 - Shampoo / Conditioner / Body Wash
 - Eyeglasses / Contacts / Solution
- Phone Charger
- Personal Pillow / Blanket
- Nonperishable Snacks / Beverages

DOCUMENTS + PAPERWORK

- Printed Birth Plan
- Health Insurance Card
- Photo ID (both mom + dad)
- Checkbook for Birth Certificate (or \$35 cash)

WHAT TO PACK (BABY)

- Outfit for Hospital Photos
- Going Home Outfit
- Baby Book
- Car Seat
- Birth Announcement Sign (if you want)
- Car Seat Cover and/or Blanket (winter newborns)
- Bottle for Formula Feeding Newborns

WHAT THE BIRTHING CENTER PROVIDES DURING YOUR STAY (MOM)

- Labor + Delivery
 - Labor Gown
 - Nonslip Socks
 - Chapstick*
 - Water Bottle*
 - Portable Fan
 - Essential Oils / Diffuser
 - Music Speaker
 - Birthing Balls
- Post-Partum Care*
 - Pads
 - Mesh Underwear + Briefs
 - Peri-bottle
 - Ice Packs
 - Tuck Pads
 - Dermoplast
- Medications* (Tylenol / Motrin / Stool Softener / Iron Supplement)
- Breastfeeding
 - Boppy Pillow
 - Manual Pump*
 - Bottles + Syringes
 - Storage Bags*
 - Nipple Shield*
 - Lanolin Nipple Cream*
 - Breast Pads*
 - Breastfeeding Cooler Bag*
 - Donor Milk (if needed)

WHAT WE PROVIDE (BABY)

- Pampers Diapers / Wipes*
- Bulb Suction and Nose Sucker*
- T-shirt
- Baby Blankets
- Halo Sleep Sack*
- Newborn Hat*
- Shampoo* / Body Wash* / Lotion*
- Mittens*
- Comb* / Brush* / Cradle Cap Brush*
- Medications
 - Vitamin D Drops*
 - Tylenol*
- Pacifier* (if desired)
- Birth Announcement w/ Foot Prints*
- Auxiliary Donation:* Crochet Hat / Blanket
- Hy-Vee Donation:* Diapers / Wipes / Gift Card
- Library Donation:* Brown Bear, Brown Bear

IF FORMULA FEEDING

- Similac 360 Total Care / Enfamil Gentlease + Neuropro + Hypoallergenic
- Nipples
- Formula Starter Bag*

**Starred items you can take home*

All rooms include a small refrigerator for your use