

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

DOCUMENTS + PAPERWORK

- Printed Birth Plan
- Health Insurance Card
- Photo ID (both mom + dad)
- Checkbook for Birth Certificate

WHAT TO PACK (BABY)

- Outfit for Hospital Photos
- Going Home Outfit
- Baby Book
- Car Seat with Base Installed
- Birth Announcement Sign (if you want)

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

WHAT THE BIRTHING CENTER PROVIDES DURING YOUR STAY (MOM)

- Labor + Delivery
 - Labor Gown
 - Nonslip Socks
 - Chapstick
 - Water Bottle (take home)
 - Portable Fan
 - Essential Oils / Diffuser
 - Music Speaker
 - Birthing Balls
- Post-Partum Care (take home + extras)
 - Pads
 - Mesh Underwear + briefs
 - Peri-bottle
 - Ice Packs
 - Tuck Pads
 - Dermoplast
- Medications (Tylenol / Motrin / Stool Softener)
- Breastfeeding
 - Boppy Pillow
 - Manual Pump (take home)
 - Bottles + Syringes
 - Storage Bags
 - Nipple Shield
 - Lanolin Nipple Cream
 - Breast Pads
 - Breastfeeding Cooler Bag (take home)
 - Donor Milk (if needed)
- Formula Feeding
 - Similac 360 Total Care / Enfamil Gentlease + Neuropro + Hypoallergenic
 - Nipples
 - Formula Starter Bag

WHAT WE PROVIDE (BABY)

YOU GET TO KEEP ALL ITEMS LISTED

- Pampers Diapers / Wipes
- Bulb Suction and Nose Sucker
- Onesies
- Baby Blankets
- Halo Sleep Sack
- Newborn Hat
- Shampoo / Body Wash / Lotion
- Mittens
- Comb / Brush / Cradle Cap Brush
- Medications
 - Vitamin D Drops
 - Tylenol (for circumcisions)

ADDITIONAL TAKE HOME ITEMS

- Birth Announcement w/ Foot Prints
- Auxiliary Donation
 - Crochet Hat
 - Blanket
 - Swaddle Sleep Sack
- Hy-Vee Donation Diapers / Gift Card
- Library Book: *Brown Bear, Brown Bear*
- Leftover Items
 - Diapers / Wipes
 - Shampoo / Baby Wash
 - Lotion