

Packing List for Upcoming Delivery

BIDMC Perinatal Comfort Care Team • Supporting families during and after pregnancy

Here is a list of items that you can consider bringing to the hospital for your upcoming delivery. Basic things are available on Labor & Delivery. The items on this list are optional. Feel free to bring other items that are important to you and your family that are not on this list.

FOR YOU

- Personal items
 - Hair ties
 - Toiletries
 - Massage oils/lotions
 - Pillow
- Clothing for you
 - Comfortable clothing (pajamas, robe, sweatpants)
 - Slippers
- Music/playlist and/or speakers
- Fake candles (battery operated only, no open flame)
- Favorite snacks and water bottle
- Phone and charger
- Camera
 - We can support your family in taking photos with your camera/phone or a hospital camera
 - “Now I Lay Me Down to Sleep” is an organization that can take photos of your baby/family. If interested, please reach out to them ahead of time: www.nowilaymedowntosleep.org
- Family pictures
- Journal
- BIDMC Perinatal Comfort Care Team Birth Plan, if completed

FOR YOUR BABY

- Memory book (ink for footprints is available)
- Religious/spiritual prayer or ritual items
- Clothing for your baby
- Books if wanting to read to your baby
- Baby blanket
- Stuffed animals

FOR YOUR SUPPORT PEOPLE

- Personal items
- Clothing
- Phone and charger
- Prescribed medications