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HOSPITAL KIT: WHAT TO PACK

GOT IT!	FOR YOUR PARTNER
	- A large gym bottle for drinking fluids during labor
	- Going-home maternity outfit (Your partner will be smaller than what she was before giving birth, but she won't likely fit into her regular pre-pregnancy clothes)
	- Pair of flat, comfy shoes (For your partner to wear home)
	- Nursing bra, breast pads, sanitary napkins and maternity underwear
	- Bathrobe, nightgown, slippers and a couple pairs of socks
	- Toothbrush, toothpaste, shampoo, lotion, hairbrush, soap, lip balm and deodorant
	- Something to read
	- A supply of snacks for post-delivery sustenance (Hospital food can really suck)

GOT IT!	FOR YOU
	- Any birthing aids you may need to help your partner in labor (e.g., massage tools, aromatherapy, hot or cold packs)
	- Several copies of your birthing plan (check out our article on Preparing a Birth Plan)
	- Stop watch with a second-hand for timing contractions
	- Cooler with snacks like sandwiches, fruit and energy bars (Labor can be a long process and you won't want to leave midway through so that you can satisfy your munchies)
	- Change for parking, taxi and/or vending machines
	- Comfortable clothes
	- Digital camera and/or camcorder
	- Something to read
	- List of phone numbers and cell phone for calling people after your baby is born
	- Cake and non-alcoholic champagne for celebrating the birth of your baby

GOT IT!	FOR BABY
	- Infant car seat
	- Going-home outfit (weather-appropriate)
	- Receiving blanket
	- Newborn-size diapers
	- Pair of socks or booties and a cap