

# Birthing Bag

How does something so tiny require so many things? Included below is a convenient list of items you may want to pre-pack for your hospitalization in the Labor & Delivery Unit at Titus Regional Medical Center.

## For Labor

- Robe
- Socks and slippers
- Personal care items/toiletries
- Massage oils or lotions
- Back massager
- Lip balm
- Hard candy or lollipops
- Snacks for your labor support person
- Pillow
- Digital or video cameras
- Cell phone charger
- Baby book
- Insurance and/or Medicaid card

## For After Baby Arrives

- Nursing support pillow
- Supportive bra and breast pads
- Nursing gowns
- Maternity clothes to wear home (most moms wear clothes that fit when they were approximately 6 months pregnant)
- Change of clothing for your labor support person
- Baby blanket and hat
- Baby socks and mittens
- Diaper bag
- Baby outfit (an onsite newborn photography session is available so bring a special outfit for your newborn)
- Pacifier (if desired)

**Newborn car seat and base** (these can be tricky so practice securing the base and removing the seat - the car seat portion will need to be brought with you prior to discharge home so our staff can help assure appropriate placement and securement of your precious new arrival)