

Pack Your Bags, Momma!

UT Medical Center will provide many of the items you need, but these are some suggestions for your comfort. Your stay will be divided between labor & delivery and the mother/baby unit. You may find it helpful to pack accordingly.

- Gown, slippers, robe
- Clothes for the ride home (you will still need maternity pants/shorts)
- List of medications and dosage
- Baby book, items for baby's footprints
- Camera (don't forget batteries/charger)
- Laptop (free guest wi-fi)
- Snacks
- Car seat
- Pediatrician's phone number (you will schedule your first appointment prior to discharge)
- Toiletry Items:
 - Toothbrush/toothpaste
 - Deodorant
 - Makeup
 - Hairbrush
 - Hair dryer

Comfort Items for Labor

- Lip balm
- Gum
- Hair ties
- Pillow (not in a white pillowcase)
- Music - playlist, Bluetooth speaker
- Microwaveable heating pad
- Lotion, massage oil
- Hard candy
- Back massager
- Focal point such as a favorite photograph
- Paper fan

- Labor support information
- Cash for parking, vending machines

Baby

- Going home outfit
- Diaper bag for ride

Dads/Partners

- Jacket or sweatshirt
- Change of clothes
- Phone charger
- Medications
- Toiletries

Note: We will provide the necessary items to care for your baby during the hospital stay.