

MY hospital bag CHECKLIST

Most experts agree...if you are 35 weeks along, it's time to pack your suitcase. The big day is almost here! Use this handy checklist to help prepare for your birthing experience at FHN.

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| <ul style="list-style-type: none"> <input type="checkbox"/> Your birth plan (on next page) <input type="checkbox"/> Robe and slippers <input type="checkbox"/> Warm socks <input type="checkbox"/> Eyeglasses, if you wear them <input type="checkbox"/> Headbands or ponytail holders (optional) <input type="checkbox"/> Your own nightgown or pajamas (optional) <input type="checkbox"/> Toiletries, if you prefer to use specific brands from home <input type="checkbox"/> Toothbrush <input type="checkbox"/> Hair dryer and curling iron <input type="checkbox"/> Lip balm <input type="checkbox"/> Camera and extra batteries/charger <input type="checkbox"/> Cell phone and charger <input type="checkbox"/> Underwear <input type="checkbox"/> Loose-fitting outfit to wear home <input type="checkbox"/> Makeup, if you usually wear it and want some for photos <input type="checkbox"/> Flip flops or larger shoes in case your feet get swollen <input type="checkbox"/> Suckers or hard candy <input type="checkbox"/> Nursing or supportive bra <input type="checkbox"/> Breast pump (if nursing) <input type="checkbox"/> Relaxation aids, such as music, lotions/essential oils, books, cards, inspiring photos <input type="checkbox"/> Music, movies, and magazines or other reading material <input type="checkbox"/> Personal contact list, so you don't forget to notify anyone special <input type="checkbox"/> Baby book <input type="checkbox"/> Baby announcements <input type="checkbox"/> Infant car seat with cover as seasonally needed (must not be expired) | <ul style="list-style-type: none"> <input type="checkbox"/> Baby outfit to wear home (remember undershirt and socks!) <input type="checkbox"/> Parents' ID information (see page 48 for examples) <input type="checkbox"/> Insurance information <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>FHN will provide:</p> <ul style="list-style-type: none"> • Hospital nightgowns • Basic toiletries for you and your baby (shampoo, conditioner, lotion, comb, soap, toothpaste) • Pads and disposable panties • Diapers and baby wipes • Blankets • Baby soap • Formula, if needed <p>Please ask your support team to bring their own personal care items, if needed.</p> |
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