

SUGGESTED HOSPITAL PACKING LISTS



LABOR BAG

To minimize transferring of luggage, consider packing a small bag of labor items separately. Leave postpartum and baby items in the vehicle until after transfer to the Mother & Baby unit.

- ☐ Insurance card and photo ID
- ☐ Eyeglasses or contact lenses and solution
- ☐ Book or other activity for early labor
- ☐ Robe
- ☐ Nonslip socks or slippers/flip-flops
- ☐ Hair bands/ties and brush or comb
- ☐ Cell phone and charger

Optional comfort products:

- ☐ Music with earphones or portable speaker
- ☐ Lip balm, toothbrush and other toiletries
- ☐ Unscented massage lotion
- ☐ Handheld fan
- ☐ Swimsuit for shower or tub, if desired



FOR PARTNER

- ☐ Snacks
- ☐ Mints or chewing gum
- ☐ Basic toiletries
- ☐ Changes of clothes, including sleepwear
- ☐ Swimsuit, in case you help your partner in the tub or shower
- ☐ Medications (consider bringing Tylenol and other meds for partner only, not the patient)
- ☐ Cell phone and charger



POSTPARTUM

- ☐ Loose sleepwear or loungewear
- ☐ Nursing bra/top if breastfeeding; sports bra if formula feeding
- ☐ Breast pump, if breastfeeding, with parts sterilized per manufacturer instructions (the hospital has a limited number of breast pumps for patient use)
- ☐ Toiletries, if desired
- ☐ Comfortable going-home outfit



FOR BABY

- ☐ Infant car seat installed in car (for a free car seat inspection, call the Lexington Fire Department at 859.455.SEAT or Safe Kids at 859.323.1153)
- ☐ Going-home outfit, socks, cap and blanket
- ☐ Photography outfit, if desired
- ☐ Baby scratch mittens or emery board for filing baby nails (not nail clippers or scissors)
- ☐ Name of community pediatrician for follow-up care

PLEASE DO NOT BRING

- Medications from home for the patient (the hospital provides all medications)
- Pumped colostrum or baby formula from home
- Birth balls (we have them)

We are unable to accommodate gaming or streaming devices that connect to the hospital televisions. We provide pillows and nursing support pillows, but you are welcome to bring your own if desired.