

WHAT TO TAKE TO THE HOSPITAL

- Your photo ID and Insurance card
- Medical records
- Money: change for the vending machine
- Phone and charger
- Siddur/Chitas
- Shir Hamaalos for bassinet/car seat

- Water bottle
- Snack food for mom and husband
 - rice-cakes
 - crackers
 - healthy muffins or cookies
 - nuts/dried fruit
 - fresh fruit
- Small bottles of juice or Sprite for extra energy
- Face washcloth to use as a hot compress
- Homeopathic remedies (be sure to purchase from a reputable homeopath)
- Hot water bottle
- Almond oil (for massage during labor)
- Whatever will help you relax
 - your own pillow
 - music and something to play it on
- Shower shoes, such as crocs
- Robe and socks (Hospitals provide this for you, but some women prefer to wear their own.)
- Tichel
- Toiletries: toothbrush, toothpaste, lip balm, deodorant, a hairbrush, makeup, pony holder
- Maternity underpants. (Some women love the mesh underwear usually provided by the hospital, but others don't)

- A going-home outfit for mom and baby
- Nursing bra
- An infant car seat. You can't drive your baby home without one! Have a rear-facing car seat properly installed ahead of time and know how to buckle your baby in correctly.