

What to bring to the hospital.

Indiana University Health Bloomington Hospital's recommendations for your packing list as you prepare for the experience of a lifetime

- Identification (such as a Driver's License) and insurance card(s)
- Birth Options Checklist, if completed
- Personal care items (including adult shampoo, conditioner, brushes, cosmetics, etc.)
- Nursing gown and/or pajamas
- Robe, socks and slippers
- Hair tie to hold hair out of eyes
- Eye glasses, and/or contact lens supplies, if needed
- Nursing bra(s)
- Writing pad, pen, stamps and address book
- Lip moisturizer
- Camera and accessories such as batteries, film, memory cards, etc.; charged and ready
- Video camera; charged and ready
- List of people you want to call or e-mail, and their phone numbers or e-mail addresses
- Laptop computer (IU Health Bloomington Hospital offers free wireless Internet access, and loaner laptops if requested)
- Cell phone — charged (these are ok to use at IU Health Bloomington Hospital)
- Relaxation tools such as: lotion for massage, music to help you stay calm and a focal point item to help you concentrate, reading items such as books or magazines, ball (small) to use for counter pressure, pillows for comfort (if you want personal ones; use a patterned case to distinguish from hospital pillows)
- Lamaze Breathing Card
- Food for support person so they do not need to leave the labor and delivery room
- Sweatshirt for support person - many moms like the room cool while laboring
- DVD to watch, cards or games to play during labor (DVD players available in each room)
- Comfortable clothes to wear home
- Baby clothing for official hospital photos; and to wear home
- Car seat (of course, you've read the directions and have trialed in your car. Call for help and free car seat safety checks - available prior to delivery - at 812.353.KIDS or cwickens@iuhealth.org)
- Small amount of cash and/or credit cards for use at hospital cafeteria, vending machines, and gift shop

Suggested reading:

- **The Happiest Baby on the Block**
by Dr. Harvey Karp
- **The Birth Partner**
by Penny Simpkin

Items IU Health Bloomington Hospital provides for you during your stay:

- Food for the mother, including on-unit snacks and beverages
- Baby gowns, T-shirts, and blankets
- Diapers and softnets (moistened with water for use as baby wipes)
- Maternity pads and stretch panties
- Hospital gowns and footies
- Breast pads and creams for breast feeding comfort
- Formula and bottles if formula feeding

Although IU Health Bloomington Hospital is a very safe place, we cannot guarantee protection of your personal items. Please understand we are not responsible for the loss of any items.



Indiana University Health