

## UNC Midwives

### **Packing your hospital bag for labor and delivery at UNC**

It is important to plan for what you should pack in your birth bag when nearing your due date to prepare for a comfortable stay. The NC Women's Hospital provides immediate essentials and basic toiletries during your stay (mesh underwear, pads and ice packs, diapers and wipes for baby, etc.). This includes hospital gowns and clothes/blankets for baby, but you may be interested in creating a more personable experience when you visit. We have birth balls and peanut balls available in every delivery room and mobile fetal monitors as well if we need to monitor your baby continuously in labor. Some rooms have a labor tub, others have large showers to use for hydrotherapy and coping in labor.

#### **Essential Items to Bring:**

- Health insurance and picture ID, (visitors also need photo ID)
- Contact information of baby's care provider
- Installed [baby car seat](#) in vehicle
- Change of clothes to wear home (one for baby too!)

#### **Additional Recommended Items:**

- Clothing items that bring you comfort (e.g. non-slip socks or slippers/flip-flops, nightgown or comfortable clothes)
- Personal toiletries (e.g. toothbrush, toothpaste, deodorant, hair ties/headbands, lip balm, glasses, contact solution)
- Water bottle
- Necessities for your partner: snacks, meds, toiletries etc.
- Electronics for communication with associated charging cables
- Camera
- Maternity support belt or wrap for labor
- Specialized food or drink of preference (but we offer hospital food and menus throughout the stay)
- Anything else that may help naturalize the hospital environment and make you feel at home:
  - Soft blanket or home pillows (with a bright or patterned pillowcase so it is not confused with hospital pillows)
  - Twinkle lights
  - Battery operated candles
  - Essential oil diffuser
  - Heating pad or rice sock
  - Lotions or massage oils
  - Plush robes, jackets or blankets
  - Photos or phrases for encouragement
  - Speaker and playlist for music

We are excited for your growing family!

Let us know if you have any questions,

*The UNC Midwives*