

HOSPITAL PACKING LIST

Because LifeMed Alaska transports many patients who will be giving birth at the receiving hospital, this packing list includes their needs. However, most of the items apply to all patients and their escorts.

Correct IDs

- Health insurance card
- Photo ID or driver's license

Toiletries

- Toothbrush and toothpaste
- Shampoo and conditioner
- Deodorant
- Hair brush
- Hair band or clip
- Skin lotion
- Lip balm
- Glasses case or contact lens supplies (hospital may not allow you to wear contacts)

Clothes

- 2 sets of comfortable clothes
- Pajamas
- Socks and slippers
- Robe
- 2-3 pairs of underwear
- At least 2 nursing bras
- 12 nursing pads

For Your New Baby

- 1 set of clothes for baby to wear home
- 1 hat, 1 pair of socks, and 1 pair of booties
- 1 or 2 receiving blankets
- Newborn diapers (hospital may provide)

Escort/Partner's Bag

- 2-3 changes of clothes
- Pajamas
- Socks
- Slippers
- Toothbrush and toothpaste
- Deodorant
- Shampoo and conditioner
- Shaving supplies
- Glasses case or contact lens supplies

Electronics

- Camera and camcorder with chargers, extra batteries, memory cards, film
- Cell phone and charger
- iPod or CD player and CDs

Necessities & Niceties

- Snacks
- Cash/credit cards
- Phone numbers of people to call
- Magazines, crossword puzzles, or a book
- Tablet or laptop computer

Other Items

- _____
- _____
- _____
- _____