



What to Take



A Pre-Delivery Packing List

For Labor

- Pillows from home
- Music and an iPod, or CD player
- Camcorder and camera with memory cards, charged batteries & accessories
- Massage tools (oils, wooden massager, etc.)
- Vaseline/Lip Balm
- Reading material
- Baby book to have footprints done by the nurse
- Focal point (picture or other object you would prefer)
- Socks for mom
- Snacks for coach

Postpartum Bag

- List of phone numbers and email addresses so you can contact family members and friends
- Several pairs of comfortable cotton underwear
- A gown, robe & slippers
- Toiletries (shampoo, brush/comb, toothbrush, toothpaste, etc.)
- Change of clothes for yourself & your partner
- Nursing pillow
- Nursing bra & pads
- Blanket for baby
- Baby's going home outfit
- Infant car seat with instructions

*If you have questions or you would like a physician referral,
please call 1-800-522-5292 or visit www.palmettogeneral.com*

