

# Things to Bring to the Hospital With You

Please pack your bag well ahead of time in case you are in a rush when it is time to come to the hospital.

Some basic personal care items are available in an emergency, but please plan to bring your own.

## For **YOU**

- Toothbrush, toothpaste, and other oral care products you use
- Lip balm
- Hair brush
- Shampoo and conditioner
- Deodorant/Antiperspirant
- Slippers with grips or easy on/off shoes, sandals or flip-flops
- Lightweight bathrobe for walks in the hall
- Pajamas or nightgown (if desired)
- Fresh outfit for going home in

### For Breast Comfort:

- **If Nursing:** Supportive nursing bras (2)
- **If NOT Nursing:** Supportive bras or sports bras (2)

## For **BABY**

- Car seat (*please review how your car seat works before bringing it to the hospital*)
- Outfit, blanket and hat for your baby's trip home
- Baby book (optional) if you plan to have us place footprints inside

**If a support person will be staying with you for a couple of days, please have him/her bring:**

- Sleepwear
- Changes of clothes
- Personal care items

## Cafeteria Services:

### **Monday - Friday**

Breakfast: 7:00 a.m. – 10:00 a.m.  
Lunch: 11:00 a.m. – 2:00 p.m.  
Dinner: 4:00 p.m. – 6:00 p.m.

### **Weekends**

Breakfast: 7:00 a.m. – 10:00 a.m.  
Lunch: 11:00 a.m. – 1:00 p.m.  
*Closed for dinner.*

### **A la Carte - Weekdays**

Lunch: 10:30 a.m. – 2:00 p.m.  
Dinner: 4:00 p.m. – 5:00 p.m.  
*(No a la carte on weekends)*

