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ITEMS TO BRING TO THE HOSPITAL for labour and delivery

	Two pillows (one for you and one for your partner)
	A pair of old socks
	A small battery operated fan (pushing is "hot" work)
	Bottled water (tap water is available at the hospital)
	Energy drinks such as Gatorade, etc. (do not bring caffeinated drinks such as Red Bull, etc.)
	Popsicles (do not bring ice cream)
	Gum or some candies to suck on (avoid chocolates as you are not allowed to eat during labor)
	Spritzer bottle to spray water on your face to help freshen you up or cool you down during pushing
	Music of your choice
	Movies downloaded on your iPhone, iPad or laptop
	Personal electronics, i.e., iPhone, laptop, iPad, iPod. etc. (there is Wi-Fi available)
	Camera and video camera (remember to charge the camera and have a large memory card)
	Birth plan or a list of requests for physicians and nursing staff (optional)
	List of contacts to call after the delivery
	A large bag to carry all of the above
	Other personal items such as photos of other children, family or pets that you might want to have with you in the labor room
	Assorted reading material, i.e., magazines, prenatal books, baby name books, etc.