

LABOR BAG/GOODY BAG

- Lip balm/chapstick
- Sour lollipops
- Socks for your feet
- Lavender lotion/potpourri
- Snack for coach
- Birthing ball. Hospital does offer birthing balls and peanut balls.
- Hair clip or scrunchies
- Shower cap
- Rice sock to use for back labor
- Book/magazine
- Phone charger

Be certain you complete the preadmission form and bring it along with your insurance card and ID when you arrive at the hospital in labor. You do not need to mail in the preadmission form ahead of time.

Questions contact:

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