We have provided suggestions for what to bring to the hospital for the most comfortable labor and delivery experience. To avoid the last-minute rush, start packing several weeks before your baby’s due date. We have included a list of the many amenities provided to you and your family in the Family Birth Place at Northwest Medical Center in Bentonville.

### For Labor and Delivery Suite
- Photo identification
- Medical insurance card
- Birth plan (optional)
- Baby book for footprints (optional)
- **Clothing and personal items**
  - Eyeglasses, contact lenses, solution
  - Loose, comfortable clothes
  - Toothbrush, toothpaste, mouthwash
  - Bathrobe
  - Socks and slippers
  - Flip flops
  - Hair bands, ties, or barrettes
  - Favorite pillows and blanket
- **Labor support bag**
  - Portable audio and video players
  - Your favorite music CDs and favorite DVDs

### Labor Suite Amenities
- Lip balm or moisturizer
- Lotion for massage by partner
- Aromatherapy oil and diffuser
- Focal point (ie: vacation photo)
- Books, magazines, cards
- **For Mother-Baby Unit**
  - Nightgowns or loose clothing
  - Nursing bra and pads
  - Hair care products, hairbrush, make-up
  - Comfortable, loose going-home outfit and shoes
  - Car safety seat properly installed in your car
  - Going-home outfit for baby
  - Receiving blankets
  - Pair of socks or booties
  - Mittens

### Suggestions for Partner
- Cell phone, camera, chargers
- Laptop (Wi-Fi is available)
- Snacks and drinks
- Mints or chewing gum
- Change of clothes
- Basic toiletries
- Bathing suit and flip flops if assisting mom with labor support in the shower
- Favorite pillow and blanket

### For Mother-Baby Unit Amenities
- Celebration meal and complimentary guest tray
- Personal hygiene supplies
- Breast pump and breast care supplies if needed
- Newborn feeding supplies
- Diapers, wipes, skin care products, blankets, tote bag
- HALO sleep sacks for in-hospital use and a complimentary HALO sleep sack to take home
- Mini refrigerator in each room