

## WHAT WE *provide*

- Hospital Gown
- Peanut Balls
- Birthing Balls
- Squat Bar for Bed
- Non-Slip Socks
- Peri-Pads
- Ice Packs
- Peri-Bottle
- Post-Partum Underwear
- Tucks Pads
- Dermoplast
- Toothbrush & Toothpaste
- Soap
- Small Towels
- Water Bottles

## BRING FROM *home*

Preferred Comfort Items Such As:

- Robe
- Comfortable, Loose Clothing for Birthing Person and Partner
- Clothes for Baby
- Blankets for Baby
- Shampoo & Conditioner
- Body Wash
- Lip Balm
- Comfortable shoes
- Nursing Pillow (if Breastfeeding)
- Long Phone Charger
- Infant Car Seat