

Birth Center Packing List

- Food/drinks you might like- We have a refrigerator, toaster, microwave and coffee maker. We recommend bringing electrolyte drinks and snacks for energy.
- Toiletries- Shampoo, conditioner, shower gel, toothbrush/toothpaste
- Shower Shoes- Shower shoes should be worn in the shower as it is shared
- Clothing for birth (old navy style fold down skirts and sports bras are popular), bathing suit for birth pool if desired (birth parent and partners)
- Bathrobe
- After birth gown/clothing (anticipate nursing, bleeding and lots of pad changing)
- Baby clothes (2 onesies, a gown, an outfit for going home, blankets)
- Infant car seat, properly installed

Guests at the Birth Center

Please feel free to bring whom you want to support you at your birth. Do keep in mind the following things:

- If we have other recovering families staying with us, access to the birthing suites area will be limited to necessary support people in order to ensure the security and comfort of our other guests
- If we have a class in session, guests may need to relocate out of the lobby for the duration of the class.
- Birth center staff reserves the right to remove **anyone** who is interfering with a safe or peaceful environment during your birth,
- While siblings are welcome to attend births, sleeping accommodations/ child care are not provided for children of guests of the birth center. If these are needed for a child, you must provide them. It is your responsibility to have a place for your other children to go, supervised by a capable adult in the event that they are not doing well in our environment. Also, while rare, emergencies do occur that necessitate transport to the hospital. These things need to be planned for, just in case.