



Wyoming Medical Center

Items From Home

The supplies listed below are items you can bring from home to make your stay more comfortable and help reduce the cost of your health care bill. Wyoming Medical Center is not responsible for any of these items brought in by patients.

Packing for the hospital

For Mom...

- Two bed pillows with favorite cases
- Warm socks
- Nightgown(s) that open in the front for nursing, robes, slippers
- Panties, nursing bras, nursing pads
- Hair care items, cosmetics
- Deodorant
- Toothbrush, toothpaste, mouthwash
- Back massager
- Lotion/oil for massages
- Warm pack or rice sock
- Paper fan
- Focal point picture
- Comfortable, loose fitting clothes to wear home

For Partner...

- Insurance information
- Swimsuit to wear in shower
- Phone numbers of friends/relatives
- Snacks for labor
- Change of clothes/toiletries

For Baby...

- Undershirt/sleeper
- Outfit for pictures/going home clothes/receiving blanket
- Sweater/cap/extra blanket, if needed for cold weather
- Infant car seat, correctly installed. If you don't have a car seat, contact the hospital's nursing staff

Items to be left at home

- All jewelry, including watches, rings, earrings and chains
- Any item of great value
- Credit cards
- Money
- All medications unless directed by your physician

Items provided by Wyoming Medical Center at delivery

- Sanitary pads
- Disposable underwear
- Nursing gowns for use while in hospital
- Medications as ordered per physician