



Salina Women's Clinic
Salina Regional Health Center

Merle J. "Boo" Hodges MD, FACOG • Christopher R. Graber MD, FACOG • Natalie Davis MD, FACOG
Emily Budden, MD • Shanda Schroeder APRN, FNP-C

Things to Pack for the Hospital!

- Nightgown/Robe, Slippers, Socks
- Bra and/or Nursing Bra
- Breast Pads
- Personal Care Items (shampoo, toothbrush, mouthwash, make-up, etc.)
- Comfortable Pillow
- Loose-Fitting Clothing for Mom
- Going Home Outfit for Baby
- Baby Blanket/Boppy
- Car Seat
- Baby Book & Birth Announcements
- Camera, Film, Batteries, or Video Recorder
- Massage Items (Lotion, Powder, Tennis Ball)
- Chap Stick
- Cell Phone, Charger, & Phone Numbers