

JBER Hospital Packing List

What We Supply:

- Gown
- Socks
- Pads & Underwear
- Peri Bottle & Sitz bath
- Diapers & wipes
- Newborn hospital blankets/outfit (for use in hospital only)
- Medications



Labor Tub on Labor & Delivery
(not used for water births)

What to Bring:

- Own blanket/pillows if desired
- Music, if desired during labor
- Camera
- Snacks as desired
- Shampoo/Conditioner
- Toiletries
- Going home outfit!
- Baby blankets for car ride home
- Breastfeeding pillow, if desired
- Car Seat

**PERINATAL
SERVICES UNIT**

5955 Zeamer Ave
JBER, AK 99506