



Memorial Medical Center

FAMILY BIRTHPLACE

Right here in the place we love.

1615 Maple Lane
Ashland, WI 54806
715-685-5330
ashlandmmc.com

New Mom Checklist

Confused about what to bring and what's provided by Family Birthplace of MMC?

The following checklist should help. Or, call the Family Birthplace of MMC at 715-685-5330 for additional information.

HOSPITAL BAG CHECKLIST

- Birth Plan (if not on file at MMC)
- Hair care products such as shampoo and hair ties for long hair
- Toiletries (tooth brush, tooth paste, deodorant)
- Snacks (hospital does provide some snack options)
- Camera/cell phone & charger
- Music, magazines, cards, simple games or other relaxation materials
- Sports bra to wear in the jacuzzi/whirl pool tub
- Swimwear for your labor partner if they plan to join you in the tub
- Nursing bras
- Comfortable clothes for labor if you prefer your own
- Sleepwear and robe if you prefer your own for after delivery
- Homecoming outfit for you and baby
- Appropriate car seat
- Receiving or baby blankets for ride home
- Photo ID

FAMILY BIRTHPLACE OF MMC PROVIDES

- Hospital gowns, robes and slippers
- Maxi pads and disposable panties
- Toiletries such as shampoo, tooth brushes, toothpaste, soap and shampoo if you forget yours
- Hand breast pumps and bottles
- Baby t-shirts, hats and blankets during your stay
- Diapers & Wipes
- Bulb Syringe
- Baby Formula
- Nipple care products