



**TRINITY**  
HEALTH

## Preparing for Your Stay: What to Bring

The hospital provides many of the essential items needed for your visit. This includes items such as gown/robe/socks, underwear, sanitary pads, breast pads, ice packs, spray bottle, tucks pads, dermoplast and lanolin nipple ointment. For infants, we provide diapers, wipes, formula, pacifiers, blankets and baby wash.

Other items you may find helpful during your stay include:

- Preferred brands of toiletry items for yourself or baby
- Personal clothing items
- Your own pillows or blankets for extra comfort
- Phone/iPad/tablet
- Chargers for electronic devices (consider longer cables to easily reach from the outlet to the bed)
- Preferred snacks or beverages for you or your support person
- Hair tie or clip
- Gum or mints
- Change of clothes and toiletries for your support person