



**TRINITY**  
HEALTH

## Preparing for Your Stay at Trinity Health

We want your hospital stay to be as comfortable and stress-free as possible. Don't worry about bringing too much—here's a simple guide to what you might want to pack and what we'll provide during your stay.

### **What to Bring from Home:**

- Comfortable clothes or pajamas, plus a robe
- Nursing bra and breast pump (our lactation consultants are happy to help with either)
- Slippers or comfy shoes
- Your favorite water bottle and a few snacks for when the cafeteria is closed
- Personal toiletries (toothbrush, shampoo, contact lenses, etc.)
- Hair ties or clips
- Phone, tablet, chargers (longer cables are helpful)
- Car seat (we'll help ensure you know how to install and use it correctly)
- Baby's going-home outfit
- Change of clothes and toiletries for your support person

### **What We Provide:**

- Diapers, wipes, and formula if needed
- Basic toiletries (high-quality, travel-sized essentials)
- Nursing supplies like breast pads, lanolin nipple ointment, and Dermoplast
- Receiving blankets (returned at the end of your stay)
- Baby hat
- Pillow and blanket for your support person's pullout couch

Packing doesn't need to be complicated. Bring what makes you comfortable, and trust us to take care of the rest!