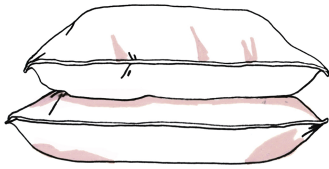


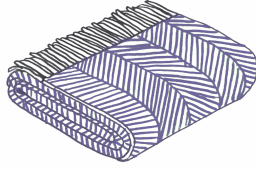
What to Pack for the Hospital During the Pandemic

While many essentials you need to buy when expecting a child will stay the same during COVID-19, there are some new things to consider when packing for your hospital stay. To get more insight, we chatted with Kristy Zadrozny—doula and the founder and director of [Expecting\(nyc\)](#)—and nurse practitioner Leah Geoghegan who outline the items that should be in your go-bag if you're giving birth during the pandemic.



Extra Pillows

While the hospital will definitely have pillows for you to use, they're probably not going to be as fluffy as you'd like. "I highly recommend at least two pillows," Zadrozny says. "The last thing you want to end up with is one flat pancake for the duration of your labor."



Soft, Warm Blanket

A blanket is another item the hospital will surely provide. But because of the increase in patients, you might end up with something old and rough.



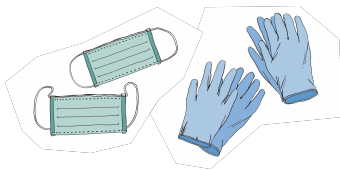
Pajamas and Slippers

"The labor gown can be scratchy and awkward, so think about bringing a soft, stretchy nightgown to labor in," Zadrozny says. She also suggests bringing a pair of slippers or shoes for your birthing partner so they feel comfortable and relaxed for the duration of the labor.



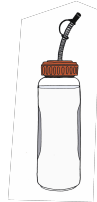
Baby Supplies

"The hospital should have diapers, onesies, swaddles, and hats for babies, but bring a few of your own in case they are running behind on stocking up the rooms," Zadrozny says.



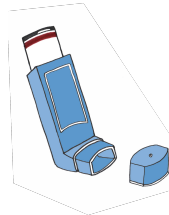
Face Masks and Gloves

These essentials are necessary to keep both expecting mothers and birthing partners safe for the duration of the hospital visit. The key is to find a face mask that you can comfortably wear for hours. "All laboring women and partners will be required to keep their face mask on in labor."



Water Bottle

A large water bottle means you have to fill it less often, and it also reduces the number of small plastic cups you'll use at the hospital. And if it has a flexible, built-in straw, even better.



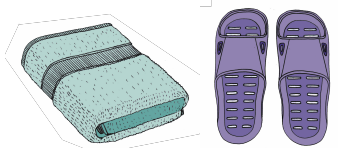
Inhaler (If You Use One)

This may seem like a no-brainer, but if you or your partner use an inhaler, make sure to bring it with you. While hospitals would normally be able to provide inhalers, Geoghegan says that they are beginning to run low.



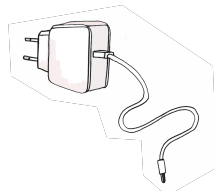
Toiletry Kit

"Mouthwash, toothpaste, face wipes, and deodorant can make all the difference after a long labor," Zadrozny says. "Sometimes the hospital has this on hand for you, but there's a chance supplies are running low at this time."



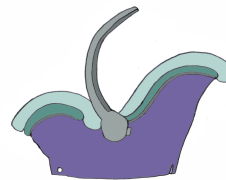
Towel and Shower Shoes

Taking a nice shower can help laboring mothers deal with some of the pain. Don't forget to bring shower shoes and a nice fluffy towel to keep you comfortable.



Phone Charger

You probably can't have an additional support person in [the room] at this time, but you can still have support as needed," Zadrozny says. "Making it easy to communicate with your doula and other support people will make all the difference."



Cover for Baby Carrier

When it's time to take baby home, you have to make sure your little bundle of joy is fully protected. "Because babies cannot wear a mask, be sure to have a cover for your baby carrier—ideally plastic because it is non-absorbent and easier to wipe down when you get home," Geoghegan says.

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