

What to Pack for the Hospital in Preparation for Labor and Delivery

For Baby

- Outfit to come home in
- Jacket/coat depending on time of year
- Socks
- Hat
- Blanket
- Nail clippers and file (some hospitals don't provide these for liability reasons)
- Car seat
- Nursing pillow (leave this in the car to save room until you are ready to use it)
- Minimal diapers and wipes (hospital will provide, but nice to have a few on hand for the trip home)
- _____
- _____
- _____
- _____

For Mom

- Identification
- Insurance card
- Any preregistration paperwork
- OB-GYN and pediatrician information
- Brush/comb
- Hair ties/headband
- Shampoo and Conditioner
- Soap
- Lotion
- Lip balm
- Deodorant
- Antacids
- Face wash
- Makeup
- Toothbrush
- Toothpaste
- Floss
- Mints
- Cotton Swabs
- Socks
- Slippers or flip flops
- Robe
- Glasses
- Pillow
- Nursing tops
- Nursing bras
- Nursing pads
- Nursing cream
- Comfortable clothes for the trip home

- Undergarments
- Sanitary pads
- Bracelet to help remember side for nursing (or some other easy to move item to remind you which side you left off on last)
- Music and any items to help you relax
- _____
- _____
- _____
- _____

For Partner

- Snacks
- Camera/video recorder with chargers, extra batteries, and memory cards
- Cell phones with chargers
- Pillow
- Extra change of clothes
- Baby book for foot prints
- Contact list for friends and family
- Change for snack machine
- Laptop or tablet
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