



What to Bring to the Hospital

As your delivery date approaches, you will want to prepare the items needed for your hospital stay ahead of time. **Don't forget:**

FOR MOM

- Nightgown that buttons in the front, robe and slippers
- Regular or nursing bra
- Cosmetics, deodorant, toothpaste and toothbrush, hairbrush and/or comb
- Reading material and/or laptop (glasses if you need them)
- An item you will use as a concentration/focal point
- Comfortable clothes to wear home
- Other

FOR DAD/PARTNER

- Hospital paperwork, insurance information and any other necessary health information
- Watch with a second hand to help with timing contractions
- Tablet and pen to record weight, length and delivery time for phone calls
- Address book with family and friends' phone numbers
- Cell phone and charger
- Camera with a memory card and/or video camera with a charged battery
(Pictures and video may be taken of mom, baby and family, but the actual birth or any medical procedures may NOT be photographed or videotaped.)
- Other

FOR BABY

- Approved car seat (learn to install correctly before the first ride home)
- Undershirt, nightgown, socks (or booties), cap and diapers for the trip home
- Receiving blanket
- Depending upon the weather, outerwear and an additional blanket might be needed
- Pacifier (not provided by hospital)
- Other

