



Hospital Checklist

Checking In

- Admission forms or registration papers, although most doctors will do this ahead of time
- Insurance card
- Cord blood kit

For Mom

- Sleepwear and bathrobe
- Nonskid socks and/or slippers
- Maternity underwear
- Nursing bra
- Nursing pads and nipple cream
- Breastfeeding pillow
- Breast pump + hands-free bra
- Change of clothes and comfortable shoes to wear home
- Toiletries
- Hair brush and hair ties
- Lip moisturizer
- Massage oils or lotions
- Breath mints and snacks
- Relaxation materials: books, magazines, music

- Eyeglasses or contact lenses, if applicable
- Cell phone and charger

For Spouse/Coach/Partner

- Watch or smartphone with app to time contractions
- Camera/video camera and charged or with extra batteries
- Toiletries
- Change of clothes
- Snacks and reading material
- Dollar bills or change for vending machines
- List of important phone numbers
- Cell phone and charger

For Baby

- Swaddle blankets
- Newborn clothes
- Socks or booties
- Baby mittens
- Infant hat
- Infant car seat

Tips for After Delivery

- Buy a copy of your local paper on the day your baby is born. It's the perfect memento!
- Take a picture of your delivering doctor with your baby and you to commemorate the birth.
- If baby has a sibling, bring a small gift for big brother or big sister.
- Bring a bag or extra suitcase to take home any gifts you receive or items you're taking home from the hospital.

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