

# Hospital Checklist

## Paperwork—

- Copies of birth plan
- Insurance card
- Any hospital forms you've already been given
- Pediatrician's contact information
- If saving the cord blood, you may need to pack a cord-blood kit. (This can be helpful if further genetic testing is needed.)

## For you—

- Nightgown, robe, slippers, socks, slip-on shoes. (The hospital will provide you with some, but you may feel more comfortable in your own clothes post-partum.)
- Lotion, massage oil, essential oils (whatever will soothe you!)
- Sugarless candies
- Water bottle
- Portable speaker/music playlist
- Healthy snacks if you need an energy boost during labor (also for after delivery)
- Moisturizer and deodorant
- Hair ties/clips to keep hair out of your eyes during labor
- Lip balm
- Soap/shampoo/lotion if you prefer yours to the hospital's
- Glasses/contacts
- Toothbrush, toothpaste, mouthwash
- Nursing bras/nursing pads
- Breast pump
- Cell phone and charger
- Books, magazines, other diversions
- This journal and your favorite pen!
- Comfy clothes/going-home outfit

## For your partner—

- Water bottle and snacks
- Something to do during the waiting (book, iPad, laptop, headphones, etc.)
- Cell phone and charger
- Camera (unless you use your phone camera)
- Change of clothes
- Toiletries
- Lightweight blanket and/or sleeping bag and pillow (the hospital provides items, but your own are usually more comfortable)

## For Baby—

- Preemie/newborn outfit(s)
- Nightgowns (easy for use with cords)
- Newborn hat
- Socks or booties
- Scratch mittens, to keep baby from scratching face
- Outfits for dressing up/photo shoots
- Approved infant safety seat for car

## For Keepsakes—

- Hand/foot molding kit
- Special blanket/outfit for photos
- Newborn hat

## Other necessities—

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