HOSPITAL PACKING LIST
a helpful checklist for baby’s birth

Labor Bag (for you)
- Insurance card and ID
- Birth Plan
- Robe, socks and slippers
- Lip balm
- Hard candy (for dry mouth and throat)
- Toiletries (toothbrush, toothpaste, glasses or contacts and contact solution, personal grooming items)
- Focal point or inspirational item to aid in concentration during labor (a photo, toy or special memento)
- Music (mp3 player or tablet loaded with your favorite music), earbuds or mini-speaker
- Cards, games, books or magazines
- A favorite pillow (optional)
- Anything that will help you feel more comfortable

For Labor Support
- Lotions for back rubs and massage
- Rolling pin or tennis ball for applying back pressure
- Notepad and pen or electronic tablet/device (to record observations)
- Camera and/or video recorder
- Cell phone and charger (program in phone numbers and emails to notify family and friends with the news)

Suitcase (for you)
- Nightgown (button-down)
- Supportive bra
- Toiletries
- Hair products – comb, brush, shampoo, hair dryer
- Towel (optional, if you prefer one from home)
- Going-home clothes that fit when you were about five months pregnant and comfortable shoes

For Labor Support Person
- Pajamas, robe and toiletries for long labor and/or staying overnight after the birth
- Change of clothes
- Money for meals in the cafeteria and/or vending machines
- Food and beverage from home

For Baby
- Car seat (know how to install it in your car)
- Going-home outfit: undershirt, sleeper, hat, sweater, blanket and snowsuit (if wintertime)
- Clothes for baby photos
- Baby book

(Hospital provides diapers, wipes, onesies, hats and blankets during baby’s hospital stay)