

Planning for Baby's Arrival

What you should bring to the hospital

The arrival of your new baby is an exciting time, full of joy. It can also be a stressful and hectic time, so the more you can plan ahead, the more prepared you will be.

A few weeks before your due date, start thinking about packing your bags. Use this checklist as a reminder for the items to pack for the big event.

For Mom

- ☐ Eyeglasses/Contacts and storage cases
- ☐ Relaxation item(s)
- ☐ Birth plan
- ☐ Nightgown(s) and bathrobe
- ☐ Slippers
- ☐ Bra and/or nursing bra
- ☐ Breast pads
- ☐ Socks
- ☐ Underwear
- ☐ Hair ties
- ☐ Toiletries such as toothbrush, toothpaste, brush, lotion, and deodorant
- ☐ Comfortable and loose fitting clothing to wear home
- ☐ Notepad or journal
- ☐ Pen/Pencil
- ☐ Items to make any older siblings feel involved

For Baby

- ☐ Going home outfit
- ☐ Receiving blankets
- ☐ During cold weather, warm clothing and heavy blankets
- ☐ Socks
- ☐ Hat (especially in cold weather)
- ☐ Car Seat - A car seat is required by law and should be properly installed in your vehicle before going home.

Labor Partner

- ☐ Phone list of contacts
- ☐ Camera
- ☐ Comfortable shoes
- ☐ A change of clothes
- ☐ Snacks
- ☐ Change for vending machines
- ☐ Tissues
- ☐ Support items such as focal item, lip balm, massage rollers

The hospital will provide many items during your stay such as:

- Diapers
- Wipes
- Nipple Cream

