HOSPITAL CHECKLIST

DURING LABOR

For Mom
Essentials
- Robe
- Nursing bra
- Breast pads
- Camera with extra batteries
- Contact list with phone numbers
- Non-slip socks
- Your glasses or contacts
- Hair tie if you have long hair

Nice-to-haves
- Admission forms & paperwork
- Birth plan
- Rolling pin or rice sock and massage oils for pain relief
- Your own pillow
- T-shirt / pajamas
- Books or magazines
- Water bottle
- Change of clothes

For Dad/Partner
- Glasses or contacts
- Comfortable clothes and shoes
- Snacks and drinks
- Pillow/blanket if you plan on rooming in

AFTER LABOR

For Mom
Essentials
- Nursing bra
- Toiletries
- Sanitary pads
- Going home clothes

Nice-to-haves
- Hand cream
- Body lotion
- Cosmetics
- Nursing pillow
- Extra duffel bag

For Baby
- Rear facing car seat
- Wet-wipes
- Sun or winter hat
- Scratch mittens or baby socks
- Bottles if using
- First outfit, preferably with feet
- Receiving blanket

For Dad/Partner
- Change of clothes
- Toiletries

Congratulations on your new arrival!
Remember, you can call your home visiting nurse at 582-3100 with any questions about your new baby, feeding, parenting, connecting to community resources, or other concerns. We are always happy to meet with you!