

## HOSPITAL CHECKLIST



Have your bags (one for you, one for baby) packed and in your car by 35 weeks.  
(Taxi-taking moms — stash your bags in the front hall closet)

A tip for the thrifty: Ask your hospital what they provide for babies and mothers,  
and take those items off your list.

### MUST-HAVES:

- Insurance info, hospital forms and birth plan (if you have one)
- 2 – 3 pairs of warm, nonskid socks that can get ruined (for walking the halls before and after labor)
- A warm robe or sweater you don't mind sacrificing to the cause
- 2 maternity bras — no underwire — and nursing pads (whether or not you plan to nurse, you'll appreciate the support and leak-protection)
- Lip balm (hospitals are very dry)
- Toiletries and personal items — hairbrush, toothbrush, toothpaste, deodorant, face wash, makeup (as if), shampoo, conditioner, lotion, contact lens case and solution (remember, travel-sized products are your friends)
- Eyeglasses
- Headband or ponytail holder (avoid clips — they'll probably poke you)
- Sugar-free hard candy or lozenges to keep your mouth moist during labor (candy with sugar will make you thirsty)
- Pen and paper
- Lots of change for the vending machines and non-perishable snacks (you'll probably be hungry after labor, and the hospital cafeteria could be closed)
- Cell phone and charger, phone numbers of people to call after birth, prepaid calling card (if your hospital doesn't allow cell phones)
- Camera, film or extra memory card, battery or charger
- A gym bag packed with a change of clothes and basic hygiene products for your partner

### TAKE IT OR LEAVE IT:

- Extra pillow (with a case that can get ruined, in a pattern distinguishable from hospital white)
- Comfortable going-home clothes in six-month maternity size and flat shoes (or, just wear the clothes you came in... sorry, but they'll probably still fit)
- Bath towel (the hospital will likely supply a small, very thin one)
- Hairdryer
- Your favorite brand of soap, shampoo and heavy flow sanitary pads (the hospital supplies these things, but bring your own if you're picky)
- A few pairs of maternity underwear that can get ruined (the hospital will have disposable pairs, which some women find handy and others find gross)
- A ruin-able nightgown (you can use those lovely hospital gowns, but your own might help you feel more human)
- Breast pump, if you plan to use one
- Slippers that can get dirty
- Very light reading (think mags and newspapers, not War and Peace)
- Your MP3 (loaded with your favorite tunes, of course)
- Massage oil and tools like rolling pins or tennis balls, and lucky or inspirational objects

### LEAVE HOME:

- Any clothes or nighties you really like (they will get ruined)
- Stopwatch (your nurse or a monitor will take care of timing contractions)

#### What to Bring For Baby:

- Approved car seat
- A coming-home outfit
- Warm blankets (for the ride home)