

What to Bring to the Hospital

- ☐ Comfortable going-home outfit (similar to 6-month pregnancy size)
- ☐ 2-3 comfortable nightgowns that open in front (for easy nursing and medical care)
- ☐ Bathrobe or button-up shirt (easy to remove for exams)
- ☐ Comfortable slippers with non-slip soles
- ☐ Underwear you don't mind throwing away
- ☐ Bras (nursing bras are best)
- ☐ Socks (several pairs)
- ☐ Toiletries (toothbrush, toothpaste, shampoo, soap, deodorant)
- ☐ Hair ties if you have long hair
- ☐ A backup pair of glasses or extra contact lenses
- ☐ Phone charger
- ☐ Entertainment (books, tablet, music)
- ☐ Camera or phone for photos
- ☐ Maternity pads (hospitals usually provide these)
- ☐ Items for baby, such as:
 - Newborn and 0-3 month outfits (hospitals may provide these)
 - Going-home outfit in newborn and 0-3 month sizes
 - Mittens and booties
 - Swaddles and blankets from home (optional as hospitals may provide these)
 - Pacifiers (if desired)
- ☐ Items for your partner/support person, such as:
 - Change of clothes
 - Snacks
 - Toiletries
 - Entertainment
 - Phone and phone charger
 - Comfortable shoes