



What You Need to Bring to the Hospital

Checking In:

- Admission forms or registration papers (most doctors will do this ahead of time)
- Insurance card



For Labor:

- Rubber Bands for your hair
- Camera
- Ice Pop Sleeves
- Lip Balm
- Extra chargers
- Pillow with Bright Pillow Case



After Delivery:

- Cord blood kit (Your doctor will need this so he can withdraw the cord blood immediately after delivery. Don't forget to have your partner call the messenger to pick up your precious cargo!)
- Cameras (Don't forget to charge the batteries! Bring charger with you!)
- Cash/change for potential vending machine runs
- Nursing bra/pads (Although the hospital gowns usually have handy little snap-open shoulders. And who cares if you leak through their couture sleepwear?)

For You:

- Pillow with bright pillowcase
- Blanket
- Sweatpants
- Button Down Shirts
- Flip Flops
- Toilet Paper
- Maxi Pads with Wings
- Breastfeeding Pillow
- Extra Bag for Gifts
- Towel / Bathrobe
- Nice smelling hand soap
- Notebook / Pen to track gifts as well as feedings
- Phone Charger
- Comfortable Granny Panties or C-Panties if you're having a C-Section

For Baby:

- Going home outfit
- Nail file
- Swaddling Blanket
- Burp Cloth
- If you have a sibling at home— a picture of the sibling to put inside bassinet
- Carseat

Ideas:

- Bring cookies or some kind of treat for the nurses. (You'll be surprised at how appreciated this gesture can be if you don't feel like stopping at the bakery on the way to the hospital, you can send someone out right after you check in)
- Buy a copy of your local paper on the day your baby is born
The perfect memento!
- Take a picture of your delivering doctor with your baby and you to commemorate the birth
- Bring your own breast pump (During busy delivery times - one may not be available for you)
- Have a gift for your new baby's sibling(s)
- Bring a bag or extra suitcase to take home any gifts you receive – plus all the extras that the hospital offers

Extra Goodies: (Make sure to take from the hospital!)

For the Little One:

- Plastic basin (great for giving baby his first sponge bath at home)
- Nasal aspirator
- Thermometer
- Diapers
- Swaddling blanket
- Undershirt
- Caps
- Formula
- Chucks (disposable changing pads)

For You:

- Disposable underwear
- Maxi pads (you'll need these for the next several weeks, so stock up while you can.)
- A squeezable water bottle to rinse off your nether regions
- Instant ice packs
- Ointments if you have a tear
- A supply of laxatives (without these, some women avow that this first bathroom experience is more painful than the birth itself)