

Hospital Packing List

Don't wait until you are in labor to pack for the hospital. A few weeks before your due date, pull together the items from this list. When the big moment arrives, you can double check the list before leaving to pack last-minute items and to be sure you have all you need. Your partner also might want to bring an overnight bag with a change of clothes and personal items.

Mom's Needs <ul style="list-style-type: none">• Your insurance card• Bathrobe• Socks• Slippers• Change of clothes, including a going-home outfit. Make sure clothes are loose-fitting and comfortable.• Nursing bra, nursing pads, and maternity underwear• Toiletries, such as toothbrush, toothpaste, deodorant, shampoo, conditioner, contact lens solution, lip balm, hair brush and clips or bands.• Don't forget eye glasses, if you wear them.• Music• Something to read or keep you entertained, like crossword puzzles• Your camera/video camera, including batteries and charger.• Make sure your partner keeps track of and brings home anything valuable.• Snacks for your partner, and for you after you have had your baby• Phone numbers of friends and family members	Baby's Needs <ul style="list-style-type: none">• Undershirt• Going-home outfit, such as a stretch suit, nightgown, or sweater set• A pair of socks or booties• Receiving blanket, cap, and heavier blanket or bunting, if the weather is cold• Diapers and wipes (some hospitals provide an initial supply of these)• Infant car seat• Diaper bag What Not to Bring <ul style="list-style-type: none">• Jewelry• Credit cards, lots of cash, or any other valuables
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Source: U.S. Department of Health and Human Services