

HOSPITAL ADMISSION CHECKLIST

What to pack for mom:

- Robe
- Slippers or slip on shoes
- Nightgown or pajamas (some mothers choose to wear pajama pants with their hospital gown)
- Two supportive bras (if you plan to breastfeed, bring 2 nursing bras without underwire)
- Undergarments & socks
- Personal Care Items
 - Toothbrush
 - Toothpaste
 - Lotion
 - Lip balm
 - Body/facial soap
 - Deodorant
 - Eyeglasses or contacts (if applicable)
 - Shampoo/conditioner
 - Hair brush
 - Hair accessories (if you'd like to pull your hair out of your face)
 - Electrical appliances are permitted after they have been inspected (each patient suite includes a hair dryer)
 - Other makeup essentials you normally use
- Address book with phone numbers
- Camera & batteries/charger (an extra roll of film if applicable)
- Pillow with colored pillowcases (recommended to prevent accidental laundering)
- A "going home" outfit (you'll want to pack a loose-fitting outfit, most women will not fit into their prepregnancy clothing)
- A list of current medications and doses
- Living will (if applicable)
- Cell phone and charger (if applicable)

Labor Comfort Item Suggestions:

- Book, magazine or cards for early labor
- Tennis ball for backache
- Massage oil, lotion and/or massager
- Focal point, such as a photo or sentimental item
- Relaxing music (each patient room has a CD player)
- Prenatal class handouts

What to pack for baby:

- Onesie or undershirt
- Receiving blanket & extra blanket (depending on weather)
- Sleeper or other outfit
- Hat (this is optional, the hospital will provide a knit hat)
- Car seat – be sure to learn how to use it PRIOR to coming to the hospital
- Baby book
- A boppy pillow (this is optional)

* Disposable diapers and wipes will be provided at the hospital



What to pack for your support person:

- Pillow with colored pillowcases (recommended to prevent accidental laundering)
- A blanket
- A change of clothes
- A small snack (this is to keep your energy up while mom is laboring, remember, mom CANNOT eat while she is in active labor)
 - Toiletries
 - Toothbrush
 - Toothpaste
 - Deodorant
- Mints or chewing gum for fresh breath (your partner may be extra sensitive to odors during labor)



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