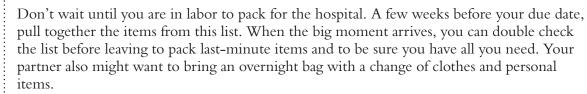


Hospital Pack List

☐ Phone numbers of friends and family

members

Print-and-Go Guide





womenshealth.gov 1-800-994-9662 TDD: 1-888-220-5446

om's	Needs	

Baby's Needs M ☐ Undershirt ☐ Your insurance card ☐ Going-home outfit, such as a stretch ☐ Bathrobe suit, nightgown, or sweater set □ Socks ☐ A pair of socks or booties Slippers ☐ Receiving blanket, cap, and heavier ☐ Change of clothes, including a blanket or bunting, if the weather is going-home outfit. Make sure clothes are loose-fitting and comfortable. ☐ Diapers and wipes (some hospitals provide an initial supply of these) ☐ Nursing bra, nursing pads, and maternity underwear ☐ Infant car seat ☐ Toiletries, such as toothbrush, Diaper bag toothpaste, deodorant, shampoo, conditioner, contact lens solution, What Not to Bring lip balm, hair brush and clips or ☐ Jewelry bands. Don't forget eye glasses, if you wear them. ☐ Credit cards, lots of cash, or any other valuables ☐ 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

page 1

Content last updated March 5, 2009.