



<http://www.womenshealth.gov>

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Hospital Pack List

PRINT-AND-GO GUIDE

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

- 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

- 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)
- Rear-facing infant car seat
- Diaper bag

What Not to Bring

- Jewelry
- Credit cards, lots of cash, or any other valuables