Maternity Packing List
What to bring to the hospital

Your information
- Insurance card(s)
- A picture ID
- Any hospital paperwork (if not sent in prior to delivery)
- Birth plan, if you have one

Your devices
- Cell phone and/or calling card (with phone numbers of who you want to call)
- Camera or video camera (note: videotaping is not permitted during birth)
- Batteries, charger and memory card
- Laptop computer if desired (you will have free Wi-Fi access)

Your necessities
- Eyeglasses and case
- Toiletries for Mom and support person
  - Toothbrush
  - Mouthwash
  - Lotion for massage
  - Lip balm
  - Barrettes and/or hair ties
- Nightgown or two (a loose fitting, short-sleeved gown that can get dirty) -optional
- Slippers and bathrobe
- Pair of socks
- Two or more pillows (use bright-colored cases to distinguish from hospital linens)
- Nursing pillow
- Nursing bra or comfortable bra
- Maternity underpants
- Going home clothes for Mom (consider a dress rather than pants if you are having a C-section)

Items to pass the time during labor
- Favorite music CDs or an iPod (for Labor and Delivery room)
- Cards, books, magazines, DVDs (there are CD and DVD players in L&D rooms)
- Journal and pen/pencil
- Focal point
- Hand-held massager
- Change for vending machines
- Camera

Please do not bring
- Jewelry
- Cash or other valuables
- Medications (let your doctor know if you are on any medications; NCH will provide them to you if needed)
- Diapers
Maternity Packing List
Pack 4–6 weeks before your due date

For your support person
☐ Toiletries and a few changes of clothing
☐ Comfortable shoes
☐ Snacks

For baby
☐ Going home clothes
☐ Receiving blanket for the trip home
☐ Baby book for the footprints
☐ Infant car seat (please read manual and check for proper fit in your car)