

Maternity Packing List

What To Bring To The Hospital

Your Information

- Your ID
- Your Insurance Card (Both Mom and Baby)
- Birthplan if desired
- Pediatrician information

Devices

- Cell phones and Chargers
- Camera or Video Camera (Note: there is no videotaping of the birth)
- Streaming Devices (TV's do have USB port)
- Laptops/Tablets and Charging Cords (WIFI is free- NCH guest)

Your Personal Necessities

- Contacts/Case and Eyeglasses
- Toiletries for mom and support partner
 - Toothbrush/Toothpaste/Mouthwash
 - Shampoo/Conditioner/Brush
 - Lotion if desired
 - Extra Hair Ties
 - Lipbalm/Gloss
 - If desired Straightener/Curling Iron/Hairdryer (we have one built into bathroom)
- Pajamas (something loose that you are comfortable with it getting soiled)
- Socks (we do put hospital socks on you in Labor and Delivery)
- Slippers and Robe
- Pillows (put in covers that are not white to differentiate from the hospital pillows)
- Nursing Pillow if desired
- Nursing Bra/Breast Pads/Nipple Cream
- Sports Bras if not nursing
- Going home clothes for mom and baby (pick something from the 7th month of pregnancy to allow for swelling and comfort)

Items For Labor

- Masks for both Mom and Partner
- Gown if desired to wear your own
- Music (bring ear pods if you are trying to meditate)
- Essential Oils for relaxation
- Focal Point
- Tennis Balls for massage
- Cooler for snacks for the partner or for mom after deliver

Items For Support Partner

- Toiletries
- Comfortable Clothes for a few days
- Sleep Items
- Comfortable Shoes and Extras Socks
- Snacks
- Consider packing a separate bag if you do not arrive to hospital together

Items For Baby

- Outfit to go home in
- Special Clothes or Blankets if desired (we do provide, shirts, hats, and blankets for hospital stay)
- Baby Book (we can put footprints in at the time of delivery)
- Car Seat (you need one to bring infant home)

Items You DO NOT Need To Pack

- Birthing Balls
- Breast Pumps
- Diapers/Wipes
- Formula
- Pacifiers
- Medications for mom (we need to use the hospital medication unless pharmacy does not have it on formulary)
- Peri-care items for mom (we provide pads, ice packs, and peri-bottles)