

# 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)