Planning for Baby’s Arrival

What you should bring to the hospital

The arrival of your new baby is an exciting time, full of joy. It can also be a stressful and hectic time, so the more you can plan ahead, the more prepared you will be.

A few weeks before your due date, start thinking about packing your bags. Use this checklist as a reminder for the items to pack for the big event.

**For Mom**
- Eyeglasses/Contacts and storage cases
- Relaxation item(s)
- Birth plan
- Nightgown(s) and bathrobe
- Slippers
- Bra and/or nursing bra
- Breast pads
- Socks
- Underwear
- Hair ties
- Toiletries such as toothbrush, toothpaste, brush, lotion, and deoderant
- Comfortable and loose fitting clothing to wear home
- Notepad or journal
- Pen/Pencil
- Items to make any older siblings feel involved

**For Baby**
- Going home outfit
- Receiving blankets
- During cold weather, warm clothing and heavy blankets
- Socks
- Hat (especially in cold weather)
- Care Seat - A car seat is required by law and should be properly installed in your vehicle before going home.

**Labor Partner**
- Phone list of contacts
- Camara
- Comfortable shoes
- A change of clothes
- Snacks
- Change for vending machines
- Tissues
- Support items such as focal item, lip balm, massage rollers

The hospital will provide many items during your stay such as:
- Diapers
- Wipes
- Nipple Cream