

Hospital bag checklist

You may want to bring:

- ✓ Socks to keep your feet warm
- ✓ A robe and slippers
- ✓ A few nightgowns or pajamas, or T-shirts and sweat pants
- ✓ Loose-fitting T-shirts or nursing bras, if you're breastfeeding
- ✓ Several pairs of underpants
- ✓ Washcloths and towels
- ✓ Toiletries such as soap, shampoo, a toothbrush and toothpaste
- ✓ Hairbrush/hairstyling equipment
- ✓ Loose-fitting or maternity clothes to wear home

Plus these things for your baby:

- ✓ Clothes to wear home, including an undershirt, cap and socks
- ✓ A warm blanket if it's cold outside
- ✓ If you're driving your baby home, a rear-facing car seat that fits your car and is installed correctly. For more information about car seats, go to: safercar.gov

You also may want to have:

- ✓ Lotions and equipment for massage
- ✓ Lip balm
- ✓ Special music for relaxation
- ✓ Cell phone and charger
- ✓ A list of phone numbers for people you want to call when the baby is born
- ✓ Coins, a prepaid phone card or a calling card
- ✓ Cosmetics
- ✓ Camera or video camera
- ✓ Books or magazines
- ✓ Books or brochures about breastfeeding or newborn care

Hospitals give you gowns to wear during labor and birth. They also may offer some of the items listed above, so check to see exactly what you need to bring with you.



watch & learn

Watch videos on how to have a healthy pregnancy at: marchofdimes.org/videos

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