

## Hospital Packing Checklist

### General:

- Admission forms/papers
- Baby name book
- Camera and/or video camera
- Cash
- Phone card for long distance calls
- Extra batteries/battery pack
- Film
- Gift for a sibling
- Health insurance card
- Pregnancy/birth notebook

### For labor:

- Facecloth from home (colored, so it doesn't get into hospital laundry)
- Focal point
- Lollipops and hard candy (for dry mouth)
- Lotion and/or powder (for massage)
- Massage/aromatherapy oils
- Tennis balls (for back massage)

### Comforts of home:

- Books/magazines
- Tapes/CDs
- Extra pillow/s (colored pillowcase, so it doesn't get into hospital laundry)

### For your partner:

- Change of clothes
- Snacks (the hospital provides meals for your partner while you are in labor as a small snack pack with chips, muffin, fruit and water)
- Reading material

### After birth:

- Address Book
- Baby Book
- Thank-you cards/notes
- Large bag to bring home gifts and hospital supplies
- Phone number list

### Clothing:

- Bathrobe
- Loose, comfortable outfits
- Nightgown
- Nursing bras
- Nursing pads
- Slippers
- Thick socks
- Underwear

### Personal care:

- Barrettes
- Body soap

- Brush/comb
- Contact lens case/lens supplies
- Dental floss
- Deodorant
- Facial soap
- Glasses
- Hair bands (ponytail holders)
- Lip salve/chap stick
- Lotion
- Makeup/cosmetics
- Mouthwash/breath mints
- Prescription medications you're taking
- Shampoo/conditioner
- Toothbrush/toothpaste

**For Baby:**

- Approved car seat
- Going home outfit
- Hat/cap
- Receiving blankets