



BabyBety

HOSPITAL CHECKLIST FOR MAMA

- Photo ID, insurance, hospital forms, and birth plan
- Eyeglasses, contacts, contact solution (if you wear them)
- Cell phone and charger
- 2-3 pairs of non-slip socks (for walking the hallways before and after labor)
- A (dark) warm robe or sweater
- Lip balm
- Headband or ponytail holder
- Nonperishable snacks and change for vending machines
- 2 maternity bras (no underwire) and nursing pads
- Maternity underwear
- Travel size basic personal items such as shampoo, conditioner, hair brush, face wash, deodorant, toothbrush and toothpaste
- Loose, DARK, light weight clothing
- Comfortable going home outfit with flat shoes

OPTIONAL ITEMS FOR MAMA

- Headphones to listen to music on your phone
- Any makeup or cosmetics
- Hairdryer
- A pillow distinguishable from the hospital white ones
- A breastfeeding pillow
- Bath towel

HOSPITAL CHECKLIST FOR BABY

- Approved infant car seat
- A coming home outfits
- Seasonal appropriate outdoor gear such as a hat, snowsuit, etc.
- Warm blankets for the ride home

HOSPITAL CHECKLIST FOR PARTNER

- Cell phone and charger
- Camera or video camera with batteries/charger and a backup memory card
- Entertainment, whether it's a book or something to watch
- Snacks
- Daily prescriptions
- Travel size basic personal items such as shampoo, conditioner, face wash, deodorant, toothbrush, toothpaste, contact lens case, and solution
- A change of clothes