



# Birth: What to Take to the Hospital - Checklist

Date created: \_\_\_\_\_

Name: \_\_\_\_\_

Here is a list of items you may want to bring to the hospital for the birth. Included are lists for the mother-to-be, partner, siblings, and baby. Do not bring jewelry, valuables, or large amounts of cash. Take only what you need.

## Documents

- Birth/labor plan, if you have one
- Camera, film
- Video camera (check with the hospital to see if this is allowed)
- Driver's license or photo I.D.
- Health insurance card
- Hospital paperwork (if you have pre-registered)
- Insurance company's contact details (to add the baby to your policy)
- Manila envelope/folder to keep loose paperwork together
- Paper, pens/pencils
- Phone book to contact family members
- Phone card, quarters (you may not be able to use your cell phone)

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## Comfort Items

- Book/Magazine
- Extra maternity underwear
- Extra nursing bras and pads
- Extra set of loose clothes (for after the birth)
- Extra pair of shoes (for after the birth)

- Family Photos
- Favorite music/radio/mp3 player
- Front opening nightgowns (2-3, cotton breathes best)
- Hat for hair
- Large towel for showering (bring a dark-colored towel)
- Mints, hard candy (to help with dry mouth)
- Pillows
- Robe/pajamas (you may be walking the hallways)
- Slippers and socks
- Snacks (for you and your partner), water bottles
- Watch with a second hand to time contractions

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## Toiletries

- Deodorant
- Eye glasses /contact cases and solution
- Face sponge to use before and during labor
- Hairbrush, comb, hair ties and clips
- Lip balm
- Make-up
- Massage oils or lotion, tennis balls (for a massage)



Maternity pads  
Necessary medications  
Shampoo/Conditioner  
Soap/body wash  
Toothbrush, toothpaste

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Gift for the baby (chosen by the big brother/  
sister)  
Gift from mom or partner for the big brother/  
sister (to help with jealousy)

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**Partner**

Extra set (or two) of comfy clothes  
Eye glasses/contact cases and solution  
Medications  
Robe/Pajamas  
Slippers  
Quarters for phone calls, parking, and vending  
machines  
Small amount of money to buy anything mom  
may need  
Snacks and beverages  
Toiletries (shampoo, deodorant, toothbrush,  
toothpaste, etc.)

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**Baby**

Baby book  
Baby nail clippers (newborns have longer  
nails)  
Booties  
Cans/bottles of formula  
A car seat (required by law)  
Going-home outfit and undershirt  
Hat  
Jacket (if cool weather or winter)  
Newborn diapers  
Outside blanket (extra warm one for winter)  
Receiving blanket  
Wipes

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**Siblings**

Coloring books and crayons  
Books  
Stuffed animals, toys  
Snacks and beverages  
Other special needs items: medications,  
toiletries, etc.

**Notes:** \_\_\_\_\_

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