What you'll need for the hospital

Not sure what to bring? Use this list as a guide.

It's best to pack for the hospital a few weeks before your due date. That way, you won't forget what you'll need when things get hectic. Pull together the items from this list. When the big moment arrives, you can check the list again and pack any last-minute items. Your partner also might want to bring an overnight bag. It should include a change of clothes and other personal items.

Your needs

- ☐ Health insurance card
- ☐ Bathrobe
- ☐ Socks
- ☐ Slippers
- ☐ Change of clothes, including a going-home outfit. Bring clothes that are loose-fitting and comfortable.
- ☐ Nursing bra, nursing pads (if you're breastfeeding) and maternity underwear
- ☐ Toiletries, including a toothbrush, toothpaste, deodorant, shampoo, conditioner, contact lens solution, lip balm, hair brush and clips or bands
- ☐ Eyeglasses
- ☐ Music
- ☐ Something to read or keep you entertained, like crossword puzzles or other games
- ☐ A camera or video camera, including batteries and charger
- ☐ Snacks for your partner and for you, after you've had your baby
- ☐ Phone numbers of friends and family

Your baby's needs

- ☐ Undershirt
- ☐ Going-home outfit, such as a nightgown, sleeper or sweater set
- ☐ Receiving blanket, cap and heavier blanket if it's cold outside
- ☐ Diapers and wipes (in case your hospital doesn't give them to you)
- ☐ An approved rear-facing car seat
- ☐ Diaper bag

What not to bring

- ☐ Jewelry
- ☐ Credit cards, lots of cash or any other valuables

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Source: Department of Health and Human Services website: Hospital Pack List (March 2009): womenshealth.gov.

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