

Advanced Planning for the Birth of Your Baby Hospital Checklist

Arrange in Advance

- Purchase Sanitary Pads
- Care of other children and pets while you are away
- Help at home when you return
- Make meals ahead of time and store in freezer
- Set up crib, wash all baby clothes, and purchase diapers
- Purchase a car seat to transport your baby home. The car seat must be a current unit, meaning it cannot be expired or recalled. The hospital does not have a rental program.
- Consider placing a rubber or plastic sheet on your mattress in case your water breaks at night



Birth Goodie Bag (put in small tote):

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| <input type="checkbox"/> Cornstarch or powder | <input type="checkbox"/> Playing cards, small games, videos | <input type="checkbox"/> Elastic bands or clips for long hair |
| <input type="checkbox"/> Snack for labor coach | <input type="checkbox"/> Childbirth review sheet and other notes | <input type="checkbox"/> Pleasant “smells,” lotions, sachet or essential oils |
| <input type="checkbox"/> Lollipops | <input type="checkbox"/> Massage Equipment (rollers, “Happy Massager,” etc.) | <input type="checkbox"/> Watch with second hand or cell phone with stopwatch or app to time contractions |
| <input type="checkbox"/> Lip balm or lip gloss | | |
| <input type="checkbox"/> Tennis ball | | |
| <input type="checkbox"/> Sturdy walking shoes | | |
| <input type="checkbox"/> Music | | |

For Your Hospital Stay (put in suitcase about 2 weeks ahead of time)

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| <input type="checkbox"/> Nursing bra, if nursing | <input type="checkbox"/> Toiletries (shampoo, soap, toothbrush, toothpaste, hairbrush, glasses or contact lens supplies, etc.) |
| <input type="checkbox"/> Panties | <input type="checkbox"/> Baby book |
| <input type="checkbox"/> Robe, nightgown | <input type="checkbox"/> Camera and/or video camera with batteries for each |
| <input type="checkbox"/> Sturdy Walking shoes | <input type="checkbox"/> If you have a breast pump, bring it |
| <input type="checkbox"/> Clothes that fit you when you were about 6 months pregnant to wear home | <input type="checkbox"/> Phone charger |
| <input type="checkbox"/> Baby outfit for photos and going home (outfit, sleeper, blanket, hat, etc.) | |
| <input type="checkbox"/> Hair dryer | |

If you have other children consider:

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| <input type="checkbox"/> Small gifts from baby | <input type="checkbox"/> Toys, books, movies, colors to occupy during visits |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Gift for baby from siblings |

While you are in the hospital, we will provide:

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| <input type="checkbox"/> Sanitary pads | <input type="checkbox"/> Spray bottle for your bottom |
| <input type="checkbox"/> Disposable underwear | <input type="checkbox"/> Vitamins |
| <input type="checkbox"/> Hospital nightgown/robe | <input type="checkbox"/> Pain medicine |
| <input type="checkbox"/> Infant t-shirt, diapers, blankets, wipes | <input type="checkbox"/> WIFI access |
| | <input type="checkbox"/> Meals/snacks |