

Expectant Mother's Hospital Checklist

These items are general. You may find other items are needed to help you have a comfortable birth experience.

For Mother

	Sleepwear
	Bathrobe
	Socks
	Slippers
	Maternity underwear
	Nursing bra
	Music
	Change of clothes
	Toiletries, including toothbrush
	Hair band, if applicable
	Lip moisturizer
	Favorite juices
	Massage oils or lotions
	Light snacks
	Relaxation items
	Eyeglasses, if applicable
	Cell phone and list of important phone numbers
	Pillow

For Coach

	Pillow and blanket
	Camera/video camera and film/tape
	Toiletries, including toothbrush
	Change of clothes
	Snacks and reading material
	Dollar bills or change for vending machines
	Cell phone/prepaid phone card
	List of important phone numbers

For Baby

	Newborn diapers
	Receiving blankets
	Newborn clothes
	Socks or booties
	Infant hat
	Infant car seat installed properly in car

