

Hospital Bag Checklist

- 2 pillows (no white pillow cases)
- Toiletries for Mom and Dad/Support Person (we provide pads for postpartum stay)
 - Toothpaste, toothbrush, hairbrush, shampoo, conditioner, body soap, contact solution/glasses, hair ties, small hand sanitizer
- Robe and slippers or socks (must be non-slip)
- Clothing
 - Supportive bra (nursing bra or tank top if you plan to breastfeed)
 - Maternity outfit for Mom to wear home
 - A change of clothes for Dad/Support Person
 - A few outfits for baby – newborn photos are offered (we provide diapers, wipes, baby soap and lotion)
- Snacks for support person or money for vending machine/cafeteria. Remember- Don't eat in front of mom during labor! ☺
- Breath mints/Gum
- Lip Balm
- Music (Headphones/speaker/auxiliary input cable)
- Focal Point
- Massage lotions or oils (we cannot light candles so choose a scent you like and lather it on! Vanilla and Lavender can be very calming)
- Massage tools like tennis balls, stress balls, and/or your partner's hands!
- Camera (and batteries or charger)
- Phone charger
- Laptop and charger
- The Baby Book!
- Car seat – have the base installed early so it is ready to go when your baby arrives
 - Check SafeKids Shawnee County on Facebook for check lane events – virtual checks available by emailing carseat@stormontvail.org
- Insurance information if you are not pre-registered
- Birth Plan
- Breast pump