

# What to pack for the hospital



The time has come to prepare to go to the hospital. Below is a list of some things you might want to remember to pack and bring with you. Many women like to pack their bag about a month before they're due. That way, everything will be ready when you need to go. Remember though: If you have a normal delivery, you will only be in the hospital for a day or two. If you have a C-section with no complications, you'll probably be in the hospital for 2-4 days.

## Toiletries

- Toothbrush, hairbrush, face wash, and other bathroom items for you and your partner or support person
- Eyeglasses, contacts, and contact lens solution
- Chapstick
- Oils or lotions for massaging

## Clothes for you

- Bathrobe to wear during labor and after you've had your baby
- Maternity clothes to wear home — you'll still look pregnant
- Socks and slippers
- Nursing bra

## Clothes and items for your baby

- A going-home outfit for your baby, including a onesie, pants, socks, and warm hat
- Receiving blankets
- An approved car seat to bring your baby home in; learn more: [safekids.org/car-seat](http://safekids.org/car-seat)

## Additional important items

- Mobile phone with camera and relaxing music — and don't forget the charger!
- Insurance card, photo ID, and hospital paperwork
- Photos or items to look at during labor to help you breathe and relax
- Massage tools, including a tennis ball in a sock or a massage roller
- Snacks for your partner or people supporting you
- Your completed birth plan
- A baby book for your baby's footprints

Make a plan for the other children in your home. Who will take care of them while you're in the hospital? Will someone pick them up or will you need to drop them off somewhere? Remember to pack a bag for them too. Try to include something comforting for them, like a favorite outfit, toy, or stuffed animal.

## What else do you want to remember to bring?

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