Expectant Mother’s Hospital Checklist

For Mother:

Sleepwear
Bathrobe and slippers
Socks
IPOD
Maternity underwear
Breast pads
Change of clothes and comfortable shoes to wear home
Toiletries, including toothbrush
Hair care
Lip moisturizer
Sanitary napkins
Massage oils or lotions
Breath mints and snacks
Relaxation materials; books, magazines, music
Eyeglasses (if applicable)
Cell phone and list of important numbers
Insurance card, photo ID, hospital registration forms

For Coach:

Watch with a second hand to time contractions
Camera/video camera with tape and charged batteries
Toiletries including toothbrush
Change of clothes
Snacks and reading material
Dollar bills or change for vending machines
Cell phone/prepaid phone card with list of important numbers
A pillow from home

For Baby:

Newborn diapers
Receiving blankets
Socks and booties
Infant hat
Infant car seat