

Wondering what to pack in your hospital bag?

Prepare ahead of time and use this handy checklist as a guide.

Information

- Drivers license/picture ID/insurance card
- Name of pediatrician
- List of names and numbers of people you want to contact after the baby is born

Electronics

- Cell phone and charger
- Camera
- Laptop and charger
- Hand-held fan
- Back massager

Body Care

- Breath spray or lollipops
- Lip balm, toothbrush, toothpaste, mouthwash, cosmetics
- Contacts case and back-up glasses
- Brush and hair clips

Clothes

- Nursing bra
- Socks
- Comfortable clothes for the trip home

Comforts

- Focal point, picture, toy, stuffed animal, etc.
- Pillow
- Books or magazines to help you or your coach to pass the time in early labor
- Snacks/Cash for vending machines

For Your Partner

- Toiletries
- Change of clothes
- Insurance Card

For Your Baby

- Change of clothes for pictures and going home
- Infant car seat, correctly installed
- Extra blanket, hat, and sweater if the weather is cold