

## Checklist: Preparing for Your Hospital Stay

After months of pregnancy, your baby's arrival can seem sudden and hectic. Start gathering these items a few weeks before your due date so you'll be ready when it's time to go to the hospital.

### For your arrival at the hospital:

- Your photo identification (such as driver's license or ID card)
- Your insurance card
- Your COVID-19 vaccination card or proof of a negative Covid test within the past 72 hours
- Your prenatal record(s)

### For your labor:

- A focal point, such as a favorite photo or a stuffed animal
- Favorite music with portable player
- Lotion or oil for massage
- Chapstick/lip balm
- Deck of cards, magazine, book, tablet device
- Phone charger
- Nutritious drinks and snacks for partner (vending machine is also available)
- Vibrating pillow or massager
- Pillows
- Paper and pen
- Camera/video (Note: Videos during birth are not allowed)

### For postpartum (your hospital stay after delivery)

- Comfortable clothes for after delivery (comfy and baggy)
- Nursing gown
- Nursing bras
- Boppy pillow
- Eyeglasses, contact lenses
- Hair ties, hair care, cosmetics, mouthwash, toothpaste/toothbrush
- Baby book
- Birth announcements

### For going home:

- Loose-fitting, comfortable going-home outfit for mom (such as leggings)
- Going-home outfit and blanket for baby
- Car seat
- Car seat cover (optional)