

Expectant Mother's Hospital Checklist

For Mother

	Sleepwear
	Bathrobe
	Socks
	Slippers
	Maternity underwear
	Nursing bra
	Breast pads
	Change of clothes and comfortable shoes to wear home
	Toiletries, including toothbrush
	Hair band, if applicable
	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 phone numbers

For Coach

	Watch with a second hand to time contractions
	Camera/video camera and film/tape
	Toiletries, including toothbrush
	Change of clothes
	Snacks and reading material
	Dollar bills or change for vending machines
	Cell phone/prepaid phone card
	List of important phone numbers

For Baby

	Newborn diapers
	Receiving blankets
	Newborn clothes
	Socks or booties
	Infant hat
	Infant car seat

