

## **Hospital Packing List**

During your 3<sup>rd</sup> trimester, at around the 36-week point, you may want to start organizing and packing the things that you'll take to the hospital with you. Your hospital may have gowns and socks for you to wear, but you can also take your own, including a robe. It's a good idea to pack one bag for yourself and one for your baby.

## **Mom's Packing List**

- **Important documents and paperwork**  
Driver's license, military ID, TRICARE or insurance card, hospital paperwork, birth plan (if you have one)
- **Two or more well-fitting bras**  
In addition, a nursing bra may make it easier to breastfeed.
- **Two or more pairs of cotton panties**  
Don't bring your favorite underwear, as they may get soiled.
- **Two or more comfortable nightgowns**  
If you plan to breastfeed, it will be easier if your gown opens in the front.
- **Slippers or slip-on shoes with non-slick soles**
- **Toiletries**  
Shampoo, a toothbrush, toothpaste, lotion and deodorant
- **Personal items**  
Eye glasses, make up, lip balm, and hair brush, comb, ties
- **Loose-fitting clothes to wear home**  
You may wear your maternity clothes for several days to weeks after delivery.
- **A still or video camera**  
Don't forget to take plenty of batteries, power cords, and memory cards (and film, if needed). Be sure to check with the hospital on its videotaping policy.

## **Baby's Packing List**

- **One “going home” outfit**  
This may be the outfit that your baby is wearing for his or her first photos!
- **Car seat**
- **Baby bag**  
This should include diapers, a burp cloth, baby wipes, etc.
- **Blanket, hat and warm outfit, depending on the weather**

## **Items to Leave at Home**

- **Jewelry**
- **Cash or other valuables**
- **Medications, including vitamins**  
Remind your healthcare team and/or hospital staff about the medications and vitamins you're taking.