

## What Should I Bring to the Hospital?

*Below is a suggested list of items to bring to the hospital.*

1. *Identification:* Both parents need to bring government-issued picture identification.
2. *A list of medications you are taking and the dose(s).*
3. *Hospital forms*
4. *Approved car seat:* This must be installed in the car in order to take your infant home from the hospital.
5. *Cell phone and charger*
6. *Video camera, camera, and/or iPad and chargers.* Many patients want to take photos with their newborns after the delivery. We politely request that you follow our policy of respecting each mother's privacy and not allowing photo or video recordings of the actual delivery.
7. *Comfortable clothing, pajamas and robe:* The hospital will provide hospital gowns, but you may prefer to wear your own clothing after you deliver. In addition, the hospital rooms can be very cold at times.
8. *Nursing bras and nursing pads* if you plan to breastfeed. You may also want to bring nursing tops and/or nursing pajamas.
9. *Underwear:* The hospital supplies disposable mesh underwear to patients, but you may prefer to wear your own after you deliver.
10. *Non-skid socks or a pair of slippers*
11. *Breast pump and breast pump supplies* if you prefer to use your own. Breast pump supplies are available for purchase from the hospital. For many mothers, a breast pump is not necessary during the postpartum hospital stay.
12. *Toiletries and personal items:* Hair brush, toothbrush, toothpaste, eye glasses, contact lens supplies, deodorant, face wash, body wash, lotion, lip balm, shampoo, conditioner, and head bands and/or pony tail holders. The hospital does not provide these items.
13. *Sanitary pads:* The hospital will supply these to patients during their stay, but if you prefer a certain brand, please bring them with you. We recommend against using tampons after delivery.
14. *Baby book* to record delivery information.
15. *Boppy pillow* to help support your infant during feedings.
16. *Infant clothing and blankets:* The hospital will provide blankets and clothing for your infant during the postpartum hospital stay; however, many parents prefer to bring these items from home. At a minimum, you will need to bring clothing for your baby to wear home.
17. *Pacifier:* If you plan to give your baby a pacifier, you may want to bring one with you. The hospital staff are happy to discuss with you the recommended limited use of pacifiers.
18. Do not bring large sums of money or valuables with you to the hospital.