

Hospital Packing List for Baby Delivery

For Baby:

- Rear-facing, infant size car seat properly installed.
- A coming home outfit appropriate for the season; winter should include hat and mittens.
- A blanket appropriate for the season; a light blanket during the summer.
- A baby book or memento for a keepsake. Footprints and handprints can be added to those during your hospital stay.

For Mom:

- Relaxing music, a vocal point, card games or book to occupy your mind.
- Snacks like hard candy or gum.
- Lip moisturizer.
- Hair band or hair tie.
- Slippers.
- A robe to cover up and be comfortable instead of your hospital gown.
- Comfortable clothes for going home.
- Large sanitary pads after using hospital pads.
- A nursing pillow, bra and clothing, and breast pump form, or bring your own pump.

For Parents:

- Insurance card and pharmacy card.
- Your Social Security information for baby's birth certificate and Social Security card paperwork for baby.
- Maternity/paternity paperwork.
- Personal hygiene items such as toothbrush, toothpaste, shampoo/conditioner and deodorant. Most hospitals supply some, but parents prefer their own.
- Ear plugs or headphones for sleeping during the hospital stay.
- Glasses and contacts supplies.
- Camera or phone with important numbers to contact.
- Journal/notebook and pen.

Other:

- _____
- _____
- _____
- _____
- _____

Leave medications from home at home. Your hospital health care team will be responsible for your medications during your stay. If you have additional questions on what to pack for your delivery, talk to your provider.



Marshfield Clinic
Health System