

Hospital Checklist

WHAT TO PACK FOR LABOR & DELIVERY

Mommy

COSMETIC:

- ☐ shampoo & conditioner
- ☐ deodorant
- ☐ hair brush & hair ties
- ☐ chapstick
- ☐ make-up
- ☐ blow dryer

APPAREL:

- ☐ bath robe
- ☐ flip flops
- ☐ socks & slippers
- ☐ nightgown
- ☐ after delivery outfit
- ☐ going home outfit

NURSING:

- ☐ nursing bra/tank & pillow
- ☐ lanolin nursing cream

COMFORTS OF HOME:

- ☐ body pillow & blanket
- ☐ snacks/treats/gum

Daddy

COSMETIC:

- ☐ toothbrush & toothpaste
- ☐ deodorant

APPAREL:

- ☐ change of comfy clothes
- ☐ comfortable shoes

COMFORTS OF HOME:

- ☐ favorite pillow & blanket

BOREDOM BUSTERS:

- ☐ iPad/magazine/books
- ☐ thank you cards
- ☐ movies (DVD or Blu-ray)

NECESSITIES:

- ☐ cell phone(s) & charger
- ☐ camera & charger
- ☐ video camera & charger
- ☐ baby hospital bag
- ☐ baby diaper bag

Baby

- ☐ receiving blanket
- ☐ scratch mittens
- ☐ two different pacifiers
- ☐ going home outfit
- ☐ three onesies

We've got it covered: Items that we provide:

for Mommy

toothbrush & toothpaste
mouthwash
bar of soap & body wash
lotion & hand sanitizer
disposable panties & tea pads
disposable nursing pads

for Baby

baby wash, wipes, toiletries & lotion
stocking cap
FCH onesie
handmade blanket
newborn diapers

SUGGESTIONS FOR YOUR

Diaper Bag

AT HOME

for Baby

- ☐ diapers
- ☐ wipes
- ☐ changing pad
- ☐ plastic or biodegradable bags
- ☐ bottles of formula/expressed breast milk (if bottle feeding)
- ☐ blanket
- ☐ extra change of clothes
- ☐ pacifier

- ☐ diaper rash cream
- ☐ tissues
- ☐ nail clippers
- ☐ nursing cover
- ☐ sling or wrap for carrying baby
- ☐ toys and books
- ☐ first-aid kit
- ☐ sunscreen/hat
- ☐ emergency information - doctor, family & your information, and copy of insurance

for Mommy

- ☐ wallet
- ☐ keys
- ☐ cell phone
- ☐ camera
- ☐ sun glasses
- ☐ snacks/mints/gum
- ☐ bottle of water or other drink
- ☐ new shirt in case of spit-up or spill
- ☐ hand sanitizer
- ☐ snacks for other kids
- ☐ nursing pads (if nursing)

www.myfch.org/DB

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