



## Expectant Mother's Hospital Checklist

### For Mother

	Sleepwear		<i>Additional items...</i>
	Bathrobe		
	Socks		
	Slippers		
	Maternity underwear		
	Nursing bra		
	Breast pads		
	Change of clothes		
	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		<i>Additional items...</i>
	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		<i>Additional items...</i>
	Receiving blankets		
	Newborn clothes		
	Socks or booties		
	Infant hat		
	Infant car seat		