

Hospital Packing List

You will want to pack your items a few weeks in advance of your due date. Check your items off as you pack to make sure you don't forget anything! This list is yours – fill in any additional items you want to pack.

Personal items to assist during labor:

- Pillows
- Music
- Yoga ball
- Focal points
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Personal items:

- Toothbrush
- Toothpaste
- Deodorant
- Shampoo
- Blow Dryer, if needed
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Comfortable clothes for your stay:

- Bathrobe
- Slippers
- Nightgown
- Athletic wear
- Adjustable maternity/nursing bras
- Outfit for going home
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For your baby:

- Booties and outfits for your baby.
Diapers are provided by the hospital.
- A going-home outfit and blanket.
- Infant car seat. California state law requires all infants be secured in rear-facing car seats. Should you have any concerns about your infant car seat installation, contact your local police department, call 866.SEAT.CHECK or visit www.seatcheck.org.
- Camera or video recorder if desired.
*Please note that physicians and hospital staff need to give permission to be photographed or recorded.

Other:

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