

# HOSPITAL BAG

## Checklist

### For Mom

- Deodorant
- Toothbrush & Toothpaste
- Shampoo & Conditioner
- Body Wash
- Glasses & Contacts
- Breast Pump (If Breastfeeding)
- Hairbrush & Hair Ties
- 2-3 Comfortable Outfits
- Nursing Bras (If Breastfeeding)
- Slippers
- Phone Charger
- Pillow & Blanket

### Support Person

- Toiletries
- Comfortable Clothing
- Pillow & Blanket
- Phone Charger
- Snacks & Beverages

### Extras

- Birth Plan
- Health Insurance Cards
- Photo ID with Correct Address  
(Or utility bill with name/address  
for paternity affidavit)
- Any Necessary Documents
- Checkbook or Money Order  
for \$35 Birth Certificate Fee  
(Not applicable if Medicaid is primary)

### For Baby

- Any Outfits for Hospital Photos
- Going Home Outfit
- Car Seat

# WHAT WE PROVIDE:

## Greater Regional Birthing Center

### For Mom

- |                                     |                                       |  |
|-------------------------------------|---------------------------------------|--|
| <input type="radio"/> Labor Gown    | <input type="radio"/> Pads *          | <input type="radio"/> Medications      |
| <input type="radio"/> Gripper Socks | <input type="radio"/> Peri-bottle *   | <input type="radio"/> Breast Pads *    |
| <input type="radio"/> Chapstick *   | <input type="radio"/> Ice Pack        | <input type="radio"/> Lanolin Cream *  |
| <input type="radio"/> Water Mug *   | <input type="radio"/> Tucks Pads *    | <input type="radio"/> Nipple Shields * |
| <input type="radio"/> Fan           | <input type="radio"/> Dermoplast *    | <input type="radio"/> Breast Pump      |
| <input type="radio"/> Birthing Ball | <input type="radio"/> Mesh Underwear* |  |

### For Baby

- |   |   |
|---|---|
| <input type="radio"/> Diapers *         | <input type="radio"/> Newborn Hat *             |
| <input type="radio"/> Wipes *           | <input type="radio"/> Shampoo & Lotion *        |
| <input type="radio"/> Bulb Suction *    | <input type="radio"/> Medications ( Vitamin D)* |
| <input type="radio"/> Onesie *          | <input type="radio"/> Pacifier *                |
| <input type="radio"/> Halo Sleep Sack * | <input type="radio"/> Blanket *                 |

*\* Indicated items you are able to take home.*

***If you forget any items, such as toiletries, we do have some available for use, just ask your nurse.***