



Today I am delivering joy.

What should you
bring on the big day?

Documentation

- Birth plan (if applicable), insurance card, drivers license

Electronics

- Cell phone charger
- Laptop, iPad, camera (and respective chargers)
- Music speaker
- Handheld, motorized fan
- Headphones or earbuds (and respective chargers)

Personal Articles & Clothing

- Outfits for 2-3 days
- Pajamas for 2-3 days
- Zip up sweatshirt or cardigan (use to cover infant during skin-to-skin time)
- Nursing bra/tank top
- Shower shoes/flip flops
- Personal pillow or blanket from home

Toiletries

- Chapstick, deodorant, toothbrush/toothpaste, shampoo/conditioner, body wash, loofah, moisturizer
- Contact lens solution and/or eye glass cleaner
- Hair brush, hair ties, hair dryer

Products for Post-Delivery

- Nursing pads, breastfeeding pillow, nipple cream

Items for Baby

- Pediatrician information
- Swaddling blanket or sleep sack (bring ones that you plan to use at home)
- Mittens
- Socks
- Hats
- Zippered sleepers
- Pacifier of choice
- Car seat (base installed beforehand)
- Special outfit/special announcement sign for pictures

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