



Neighborhood Outreach Access to Health

Hospital Checklist

THINGS TO PACK FOR THE BIG EVENT

For Mom:

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|--|--|
| <input type="checkbox"/> Change of Clothes (loose-fitting) | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Comfortable (loosing fitting) Shoes | <input type="checkbox"/> Lip Balm |
| <input type="checkbox"/> Nursing Bra (if planning to breastfeed) | <input type="checkbox"/> Hair Supplies |
| <input type="checkbox"/> Support Bra (if NOT planning to breastfeed) | <input type="checkbox"/> Cosmetics (if desired) |
| <input type="checkbox"/> Robe and/or Nightgown | <input type="checkbox"/> Glasses/Contacts |
| <input type="checkbox"/> Slippers and/or Flip Flops. | <input type="checkbox"/> Cord Blood Collection Kit (if collecting) |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Photo ID and Health Insurance Card |
| <input type="checkbox"/> Toothbrush/Toothpaste/Floss | <input type="checkbox"/> Name & Phone # of your baby's doctor |
| <input type="checkbox"/> Shampoo/Conditioner | |

For Support Person/Partner:

- | | |
|---|---|
| <input type="checkbox"/> Camera and/ or Video Equipment and necessary accessories (chargers/batteries, memory card, etc.) | <input type="checkbox"/> Snacks and Drinks (non-alcoholic) |
| <input type="checkbox"/> Entertainment: Laptop, Tablet, etc. | <input type="checkbox"/> Medications (pain relievers, antacids, etc.) |
| <input type="checkbox"/> Music: Device, Earbuds/Headphones, Speaker, etc. | <input type="checkbox"/> Toothbrush/ Toothpaste/ Floss |
| <input type="checkbox"/> Cell Phone and Charger | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Telephone List (of people to call) | <input type="checkbox"/> Glasses / Contacts |
| <input type="checkbox"/> Money (for food or random items) | <input type="checkbox"/> Change of Clothes |
| <input type="checkbox"/> Breath Mints or Gum | <input type="checkbox"/> Sweat Shirt |
| | <input type="checkbox"/> Swimsuit |
| | <input type="checkbox"/> Shower Shoes / Slippers |

For Baby:

- | | |
|--|--|
| <input type="checkbox"/> Car Seat w/head support*
(*know how to install, adjust and use*) | <input type="checkbox"/> Baby T-shirts & Socks |
| <input type="checkbox"/> Newborn Clothing (for pictures & going home) | <input type="checkbox"/> Receiving Blanket (light weight) |
| | <input type="checkbox"/> Baby Book (to record events & footprints) |

*Please leave your jewelry and unnecessary valuables at home
This is only a suggestion/recommendation list, all items are not required*