

What To Bring To The Hospital

For You

Insurance cards/advance directives if you have them
Your pediatrician's phone number
Copies of your birth plan
Robe, slippers, socks
Supportive sports bra or nursing bra
Cosmetics & toiletries
Loose fitting outfit to wear home
(something that fit when you were five to six months pregnant)
Focal point object if you plan to use one
Nursing pillow (bobby)
Lollipops
Tennis balls, rolling pin, etc.

For Your Coach

Snacks
Contact numbers for family and friends
Change of clothing
Toiletries to freshen up
Camera, charger, batteries

For Baby

Receiving blanket
Outfit to wear home and for pictures
Car seat



**Chandler Regional
Medical Center.**

A Dignity Health Member

Family Birth Center

