

# 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**

