



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 (boppy)
- 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