

# What to bring on the big day.

## Suggestions for what to pack for the hospital on delivery day.

### For Mom

- Insurance info, hospital forms
- Headband or ponytail holder
- Nightgown and slippers
- Toiletries like toothbrush, toothpaste, deodorant, makeup, shampoo, conditioner, lotion, contact lens case and solution (be sure to bring your glasses too).
- Personal items that may make you more comfortable or help you relax
- Clothes to wear home

### For Baby

- Clothes and blanket for photos
- Clothes to wear home
- Car seat

### For Your Partner

- Change of clothes
- Toiletries
- Camera and batteries or charger
- Cell phone charger
- Snacks (non-perishable) or cash for the vending machine
- Something to read or watch
- Pen and something to write on

