



Total Women's Health of Baltimore

Expectant Mother's Hospital Check-list

Yes/No	For Mother
Yes/No	Sleepwear
Yes/No	Bathrobe
Yes/No	Socks
Yes/No	Slippers
Yes/No	Maternity underwear
Yes/No	Nursing bra
Yes/No	Breast pads
Yes/No	Change of clothes and comfortable shoes to wear home
Yes/No	Toiletries, including toothbrush
Yes/No	Hair band, if applicable
Yes/No	Lip moisturizer
Yes/No	Sanitary napkins will be provided by the hospital
Yes/No	Massage oils or lotions
Yes/No	Breath mints and snacks
Yes/No	Relaxation materials: books, magazines, music
Yes/No	Eyeglasses, if applicable
Yes/No	Cell phone and list of important phone numbers

Yes/No	For Coach
Yes/No	Watch with a second hand to time contractions
Yes/No	Camera/video camera and film/tape
Yes/No	Toiletries, including toothbrush
Yes/No	Change of clothes
Yes/No	Snacks and reading material
Yes/No	Dollar bills or change for vending machines
Yes/No	Cell phone/prepaid phone card
Yes/No	List of important phone numbers

Yes/No	For Baby
Yes/No	Newborn diapers
Yes/No	Receiving blankets
Yes/No	Newborn clothes
Yes/No	Socks or booties
Yes/No	Infant hat
Yes/No	Infant car seat