#

# 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 |