

Hospital Delivery Checklist

PRE-REGISTRATION

- Ensure you're pre-registered at the hospital to streamline the admission process

PERSONAL DOCUMENTS

- Have your identification, insurance cards, and any required hospital paperwork readily accessible

HOSPITAL BAG

- Identification and insurance information
- Birth plan (if you have one)
- Comfortable clothing and pajamas
- Slippers and socks
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Nursing bras and maternity pads
- Snacks and drinks
- Phone charger
- Entertainment (books, magazines, or music)
- Baby's going-home outfit
- Car seat for the baby

CONTACT INFORMATION

- Keep a list of important contacts (partner, family, and friends) with phone numbers

BIRTH PLAN

- Discuss your birth plan with your healthcare provider and make sure it's in your hospital bag



Hospital Delivery Checklist

MEDICATION

- Bring any prescribed medications you're currently taking

CHILDCARE ARRANGEMENTS

- If you have other children, ensure childcare arrangements are in place

COMFORT ITEMS

- Include items that provide comfort, like a favorite pillow or blanket

HOSPITAL ROUTE

- Familiarize yourself with the route to the hospital and have alternate routes in case of traffic

INSTALL THE CAR SEAT

- Make sure the car seat is properly installed in your vehicle for the baby's trip home

CHARGER & ELECTRONICS

- Pack chargers for your phone and any other electronics you plan to use

SNACKS & HYDRATION

- Bring snacks and drinks to keep your energy up during labor

CAMERA OR CAMCORDER

- If you want to capture the birth, bring a camera or camcorder and ensure it's charged



Hospital Delivery Checklist

SUPPORT PERSON

- Coordinate with your chosen support person to ensure they're available when needed

FINANCIAL CONSIDERATIONS

- Prepare for potential financial matters like hospital bills and insurance details

MENTAL PREPARATION

- Stay calm, practice relaxation techniques, and stay informed about the labor process

FOLLOW HOSPITAL INSTRUCTIONS

- Be prepared to follow the hospital's COVID-19 protocols or any other specific guidelines they may have

Remember that every birth experience is unique, so you may need to tailor this checklist to your specific needs and preferences. It's also a good idea to discuss your plans and preparations with your healthcare provider in advance.

