



What to Bring to the Hospital

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Pack your hospital bag a few weeks before your due date, so you'll be ready for any surprises. Use this checklist while you pack to be sure you don't forget anything!

YOUR LABOR KIT

- Your Kaiser Permanente identification card
- A copy of your birth plan
- Something to hold your hair back
- Lotion for massage
- Cotton socks
- A yoga or exercise ball if you plan to use one
- A hand fan and spray mist bottle
- Music and something to play it on

FOR YOU

- A robe or front-opening shirt for nursing and skin-to-skin contact after delivery
- A fresh nightgown, pajamas, or comfy sweats to wear when you have visitors
- Slippers
- A nursing bra with no underwire
- Maternity underpants
- Personal items, like a hairbrush, cosmetics, toothbrush, and toothpaste
- A going-home outfit (pack loose-fitting clothes — you'll be around the size you were when you were 6-months pregnant)

FOR YOUR BABY

- A going-home outfit (multiple layers)
- 1 or 2 blankets, depending on the weather
- Baby socks
- Your baby book
- Rear-facing car seat

FOR YOUR PARTNER OR SUPPORT PERSON

- Camera (check the battery!)
- Phone charger
- Toothbrush and toothpaste
- Light snacks and water
- A front-opening shirt for holding your baby skin-to-skin
- A bathing suit, in case your partner needs to help you in the shower