

# Birth Preparation Checklist

- My blood type is: \_\_\_\_\_
- I have pre-registered at my delivery hospital
- I know how to get to the hospital and Labor & Delivery department
- My Group Beta Strep (GBS) status is: \_\_\_\_\_
- I have chosen a pediatrician
- My infant car seat is installed in the car
- I am familiar with infant CPR techniques
- My bags are packed
- I have a plan for my pets and other children during labor/birth

## Supplies to Bring to the Hospital

- 2 extra pillows with dark pillowcases
- Loose t-shirts, tank tops, or nightgowns for labor (you may use the hospital gown)
- Drinks (with sugar/caffeine for labor) and snacks (especially for your partner)
- Bathrobe, slippers, socks, nursing bra
- Optional:* Cord blood collection kit
- Optional:* Birth ball
- List of phone numbers to call family and friends
- Toiletries: lip balm, toothbrush, toothpaste, shampoo, hairbrush, ponytail holders
- Clothes to wear after the birth
- Clothes for the baby and self to go home in
- Infant car seat (state law, required before discharge)

## Suggested Supplies to Have at Home

- Sanitary pads (24 long maxi pads, with wings recommended)
- Plastic cover on mattress (shower curtain, rubber sheet, or mattress pad)
- Nursing bras (one cup size larger than pregnant size) and breast pads (for leaking)
- Nightgown that opens in front for breast feeding
- Baby diapers (newborn/size 1), clothes, and baby wipes
- Thermometer (digital recommended)
- 6-10 baby blankets, soft towels, and wash clothes
- Tucks pads
- Sitz bath
- Breast pump
- Head of cabbage, if bottle feeding