

Birth Preparation Checklist

To Do List:

- ☐ I have pre-registered at my delivery hospital
- ☐ I know how to get to the hospital and Labor & Delivery department
- ☐ I know who we plan to see as a pediatrician and can provide contact information to the hospital
- ☐ My infant car seat is installed in the car

Supplies to Bring to the Hospital

- ☐ Comfortable clothes for myself and partner
- ☐ Clothes to bring home the baby
- ☐ Extra long phone charger
- ☐ Toiletries: toothbrush, toothpaste, shampoo, hairbrush, ponytail holders
- ☐ Infant car seat (state law, required before discharge)

Suggested Supplies to Have at Home

- ☐ Sanitary pads and/or period underwear
- ☐ Nursing bras (one cup size larger than pregnant size) and breast pads (for leaking)
- ☐ Baby diapers (newborn/size 1), clothes, and baby wipes
- ☐ Breast pump