

Hospital Checklist

Prepare for your little one's arrival.



For Labor

- Birth plan
- Robe
- Slippers & socks
- Old nightgown or T-shirt
- Massage oils or lotion
- Lip balm
- Snacks and drinks
- Something to read or watch
- A hairband for longer hair
- Toiletries
- Music to listen to
- Cell phone charger with long cord
- Your own pillow

For the birth partner

- Spray bottle to fill with cool water
- Comfortable shoes
- Change of clothes, toiletries
- Cell phone

For capturing memories

- Camera or camcorder
- Baby Book

For Mom after delivery

- Loose, comfy clothing
- Breastfeeding bras
- Nursing tops
- Breast pads
- Nipple cream
- Nightgown or pajamas
- Towels
- An eye mask & ear plugs
- Perineal bottom spray
- Adult diapers or sanitary pads

For your baby

- Infant car seat
- Outfit for trip home (*may want to bring smaller & larger sizes*)
- Baby blanket (*warm one if weather is cold*)
- Socks or booties
- Weather appropriate outdoor clothing (*hat, jacket, snowsuit*)
- Swaddle wraps
- Most hospitals provide diapers, so no need to bring
- Extra bag for freebies from hospital



Shop the list at your local store, or visit [Target.com](https://www.target.com).