

What to Bring to the Hospital

For Mom:

- ID, insurance card, a list of any medications you take and the dosages, and any necessary hospital paperwork
- A couple pairs of warm, non-skid socks or slippers for walking around before and after labor
- A warm, comfortable robe
- Loose, cotton sleepwear: nightgowns or pants with tops
- Eyeglasses, contacts, cleaning solution, storage case (if needed)
- Two maternity bras (whether or not you plan to breastfeed, they are more comfortable)
- Personal items: Toothbrush, toothpaste, soap, hairbrush, hair ties, shampoo, hair dryer, deodorant, lip balm
- Cell phone and charger, list of people you plan to call/text
- Laptop or iPad as desired
- Change of clothes, an outfit to wear home
- Snacks (for partner as well)
- Cash/change for vending machines (Do not bring lots of money, jewelry or anything you can't part with)
- Music (Bluetooth speakers)
- **Your personal breast pump already opened and sterilized**
- You may want to bring an extra bag for all the paperwork you'll bring home

For Baby:

- Car Seat properly installed in the car. Refer to: www.safekids.org or consider a car seat safety check with your local police department
- Outfit to take the baby home from the hospital

The VIA Maternity Center provides the following items:

- Towels (Some parents prefer to bring their own towels and pillows, but it's not necessary)
- Mesh underpants and sanitary pads
- Diapers and wipes for baby
- Breast pads
- Lanolin nipple cream
- If formula feeding, we provide Similac brand formula