

Bring the following to the hospital...

For You

- Your husband...don't forget him!
- A soft cotton nightgown for after delivery (with nursing openings)
- A warm robe; hospital rooms and hallways can get chilly
- Socks or slippers to keep your feet warm
- Maternity underwear (though the hospital may provide some)
- Extra-long pads with wings (yes, you will need them for a while)
- A toiletries bag containing soap, shampoo, a toothbrush, toothpaste, deodorant, mouthwash, a hairbrush, a blow-dryer, a curling iron, makeup—and anything else you'll need to feel pretty again
- If possible, get a manicure and pedicure just before your delivery date. It will make you feel pretty and pampered when you need it the most. If money is tight, ask a girlfriend to give you one as a treat—then return the favor when she is due.
- Breath mints, gum, or breath freshener
- Your favorite sweet-smelling lotion
- A list containing the phone numbers of everyone you want to call with the great news, along with a cell phone or prepaid long-distance calling card
- A comfortable outfit to wear home from the hospital (and yes, it's perfectly fine to go home wearing maternity clothes)
- A video camera and/or a digital camera
- Cash: bills and coins for the hospital vending machines and cafeteria, or to order takeout one night for you and your husband



Optional: If you have older children, it's nice to bring small, wrapped presents to give them when they visit you and their new brother or sister in the hospital. It removes any initial jealousy and makes the visit special for them as well.

For baby

- A receiving blanket to swaddle your baby in
- An outfit for your baby to wear home, including socks and cap
- A baby bunting or warm infant coat if it's cold outside
- An infant car seat for the drive home
- A pacifier, washed, in a zipper bag, ready to use



Items to skip

- A silk nightgown that causes you to slip out of bed and bruise your ego
- Strong perfume that makes your baby gag and the nurses avoid your room
- Your tight-fitting prebaby jeans (they won't fit yet and will only depress you)
- Your Victoria's Secret lace bra that won't fit for a long time, if ever (besides, it will only get stained by breast milk)
- Books, cards, games, or any activity you think you might need to kill the time (any extra time will be spent sleeping!)