# Expectant Mother’s Hospital Checklist

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|  | For Mother |
|  | Sleepwear |
|  | Bathrobe |
|  | Socks |
|  | Slippers |
|  | Maternity underwear |
|  | Nursing bra |
|  | Breast pads |
|  | Change of clothes and comfortable shoes to wear home |
|  | Toiletries, including toothbrush |
|  | Hair band, if applicable |
|  | Lip moisturizer |
|  | Sanitary napkins |
|  | Massage oils or lotions |
|  | Breath mints and snacks |
|  | Relaxation materials: books, magazines, music |
|  | Eyeglasses, if applicable |
|  | Cell phone and list of important phone numbers |
|  |  |
|  | For Coach |
|  | Watch with a second hand to time contractions |
|  | Camera/video camera and film/tape |
|  | Toiletries, including toothbrush |
|  | Change of clothes |
|  | Snacks and reading material |
|  | Dollar bills or change for vending machines |
|  | Cell phone/prepaid phone card |
|  | List of important phone numbers |
|  |  |
|  | For Baby |
|  | Newborn diapers |
|  | Receiving blankets |
|  | Newborn clothes |
|  | Socks or booties |
|  | Infant hat |
|  | Infant car seat |