

Birth Preparation Checklist

- ☐ My blood type is:_____
- ☐ I have selected my delivery hospital
- ☐ I know how to get to the hospital and Labor & Delivery department
- ☐ My Group Beta Strep (GBS) status is:_____
- ☐ I have chosen a pediatrician
- ☐ My infant car seat is installed in the car
- ☐ I am familiar with infant CPR techniques
- ☐ My bags are packed
- ☐ I have a plan for my pets and other children during labor/birth

Supplies to Bring to the Hospital

- ☐ 2 extra pillows with dark pillowcases
- ☐ T-shirts, tank tops, or nightgowns for labor (you may use the hospital gown)
- ☐ Drinks (with sugar/cafeine for labor) and snacks (especially for your partner)
- ☐ Bathrobe, slippers, socks, nursing bra
- ☐ *Optional:* Cord blood collection kit
- ☐ *Optional:* Birth ball
- ☐ List of phone numbers to call family and friends
- ☐ Toiletries: toothbrush, toothpaste, shampoo, hairbrush, lip balm, ponytail holders
- ☐ Clothes to wear after the birth
- ☐ Clothes for the baby and self to go home in
- ☐ Infant car seat (state law, required before discharge)

Suggested Supplies to Have at Home

- ☐ Sanitary pads (24 long maxi pads, with wings recommended)
- ☐ Plastic cover on mattress (shower curtain, rubber sheet, or mattress pad)
- ☐ Nursing bras (one cup size larger than pregnant size) and breast pads (for leaking)
- ☐ Nightgown that opens in front for breast feeding
- ☐ Baby diapers (newborn/size 1), clothes, and baby wipes
- ☐ Thermometer (digital recommended)
- ☐ 6-10 baby blankets, soft towels, and wash cloths
- ☐ Tucks pads
- ☐ Sitz bath
- ☐ Breast pump
- ☐ Head of cabbage, if bottle feeding