

Preparing for Your Baby's Delivery

What to Pack for the Hospital

For Birthing Person

- ☐ Toiletries (shower items, hair ties, lip balm)
- ☐ Footwear (slippers/sandals)
- ☐ Labor attire (if other than gown)
- ☐ Camera
- ☐ Comfort items
(focal point, scented lotion, fan, pillow, music playlist)
- ☐ Chargers with long cables
- ☐ For longer stay/induction:
distraction items (tablet, book, cards, etc.)
- ☐ Postpartum clothing
(elastic waist, loose fit, easy breast access)
- ☐ Nursing pillow
- ☐ Breast pump
- ☐ Preferred snacks

For Support Person

- ☐ Toiletries
- ☐ 2-3 days/nights worth of clothing
- ☐ Any necessary medication
(including Tylenol/Motrin)
- ☐ Preferred pillow
- ☐ Preferred snacks

For Baby

- ☐ Outfit to go home in
- ☐ Baby book (hand prints/foot prints)
- ☐ Car seat
- ☐ Any items that you'd like to use
a particular brand/type of

If you take prescription medications, discuss with your provider whether you need to bring them with you to the hospital.

For your convenience, The Elliot provides the following items during your stay:

For Birthing Person: Pillow, blankets, basic toiletries, meals, postpartum supplies (peri bottle, disposable underwear, pads, ice packs, dermaplast spray, sitz bath), breastfeeding needs (lanolin, nursing pads, gel pads, nipple shield), and snacks.

For Support Person: Sleep surface, pillow, blankets, snacks, and meals.

For Baby: T-shirt, burp cloth, diapers, wipes, nail file, comb, bathing supplies, bulb syringe, circumcision care items, bottles, and bottle nipples.

