

What to Bring to the Hospital

A practical packing list.

A simple list to help you pack ahead of time, so you're not scrambling when the day comes.

Documents

- ☐ Photo ID
- ☐ Insurance card, if you have one
- ☐ Your hospital plan (see the companion worksheet)
- ☐ Your caseworker's and attorney's phone numbers, written down in case your phone isn't accessible

Comfort items

- ☐ Phone charger
- ☐ Comfortable clothes to go home in
- ☐ Toiletries — toothbrush, hairbrush, lip balm
- ☐ Your own pillow, if you have a favorite
- ☐ Slippers or non-slip socks
- ☐ Snacks for after delivery
- ☐ A book, music, or something to help pass time during labor

For after delivery

- ☐ Nursing or comfortable bras, if needed
- ☐ Maxi pads (the hospital usually provides these, but having your own preferred brand can help)
- ☐ A journal, if you think you might want to write during this time

Optional, if it matters to you

- ☐ A camera, if you want photos of your own during your time with your baby
- ☐ Something meaningful to keep with you — a photo, a note, a small object
- ☐ Anything specific to a tradition or comfort practice that matters to you

There's no perfect list. Bring what helps you feel supported, and ask your caseworker if you have questions about what the hospital will and won't provide.

Questions? Call or text anytime — day or night. 518-557-1722 | 877-437-3424 | Text 801-563-1000