

What to Bring to the Hospital for Your Labor and Delivery

Congratulations on your baby! You may find the following checklist helpful when preparing for your delivery at Swedish Medical Center. For more information, please visit our Web site at www.swedishhospital.com

For Mom

- Personal identification and health insurance card
- List of phone numbers/e-mail addresses for those you wish to contact after the delivery
- Lip moisturizer
- Toothbrush and toothpaste
- Hairbrush
- Book, music or playing cards
- Your favorite pillow
- Robe, nightgown and slippers
- Other personal hygiene items (i.e. razor, shampoo)
- Camera and/or video camera
- Comfort items for labor
- Copy of your birth plan
- An outfit to wear home (five month maternity clothes size will probably fit best)
- Nursing bra and pads

For Baby

- Blanket
- An outfit for traveling home
- Infant car seat (already installed)