

## What to Bring When Delivering

<u>Patient</u>	<u>Partner(s)/ Support Person(s)</u>	<u>Babies</u>
Photo ID and insurance card	Cell phone and charger	Approved infant car seats
Birth plan/Notes	Change of clothes	Coming-home outfits, hats, and socks
Eyeglasses (if needed)	Toiletries/personal items/medication	Warm blankets/receiving blankets
Name and phone number of doctor who will care for babies (Pediatrician)	Credit card/cash	Swaddles
Contact your insurance to add new babies/give them their info	Camera/batteries/memory card	
Cell phone and charger	Snacks	
2-3 pairs of warm, nonskid socks	Watch or stopwatch	
Warm robe or sweater (that you don't mind sacrificing)	Music/earbuds	
Lip balm		
Headband or ponytail holder		
Non-perishable snacks		
2 Maternity bras		
Toiletries/personal items/medication		
Comfortable going home clothes		
Flat shoes		
Flip flops for shower		
<b><u>Optional</u></b>		
Light reading		
Earbuds for music		
Tablet/Laptop and plugs		
Breastfeeding pillow		
Massage oils or rollers		
Hairdryer (optional)		

## Items Provided by Hospital

- You will get diapers, Vaseline, wipes and everything needed for the babies' stay. Shampoo and little combs are provided too!
- You will have access to a breast pump in your room if needed.
- You will have access to breast-feeding supplies such as nipple cream, shields, nursing pads.