

Hospital Checklist

Inova Childbirth Services

We suggest packing two smaller bags for your hospital visit – one for labor to bring in upon arrival and the second for your recovery that your support person can retrieve from the car after your baby is born.



Labor and Delivery Bag—

What to Pack:

- Bathrobe and slippers
- Breath strips, gum or mints for nausea
- Cell phone and charger
- Credit card or cash for meals
- Glasses or contact lenses, glasses case, and eye solutions
- Hair band or clips
- Hard candies or lollipops for dry mouth
- Insurance card
- Lip balm or moisturizer
- Music and entertainment: phone, speakers, tablet, etc.
- Notepad and pen or pencil
- Pediatrician or baby's doctor's contact information
- Photo ID
- Toothpaste and toothbrush

Postpartum Stay Bag

- Check or money order made payable to "State Health Department" for baby's birth certificate (\$12 per copy)
- Going-home outfit for baby – including a baby hat, booties and mittens
- Hairbrush or comb
- Installed car seat
- Nightgown or pajamas for you and your partner (if your partner will spend the night)
- Nursing bra or sports bra
- Nursing pillow
- One loose-fitting going-home outfit for you
- Receiving blankets
- Snacks for support person (may bring a cooler if needed)
- Toiletries: moisturizer, deodorant, shampoo and conditioner

Optional Items:

- Bathing suit for you and your support person for the tub[^]
- Cord blood/stem cell collection kit
- Your home breast pump for help with use

[^]Tubs at Fair Oaks and Loudoun only

What Not to Pack:

- Jewelry
- Large sums of cash
- Medications, including vitamins and other herbal supplements, unless instructed by provider
- Weapons

What Inova Provides During Your Stay:

- Baby blankets and t-shirts for in-hospital use
- Baby bulb syringe
- Beverages: coffee, tea, soda and juice
- Breast pads*
- Breast pump and supplies*
- Dermoplast spray, witch hazel pads, hydrocortisone cream and nipple cream*
- Diapers and wipes
- Disposable mesh panties
- Hospital gown
- Ice packs*
- Nonslip socks
- Peanut ball
- Sanitary pads
- Sitz bath*
- Towels and washcloths

*Provided as needed.

G39128/8-22/pdf