Hospital Bag Checklist

What to Pack:

☐ Birth plan
☐ Breath strips or mints for nausea
☐ Camera, video camera, charged batteries, charger and memory card
☐ Cell phone and charger
☐ Change for vending machines
☐ Check or money order made payable to “State Health Department” for the Birth Certificate ($12 per copy)
☐ Credit card or cash for meals
☐ Glasses or contact lenses, glasses case and eye solutions
☐ Going home outfit for you and baby – including a baby hat, booties and mittens
☐ Hair band or clips
☐ Hair brush or comb
☐ Hard candies or lollipops for dry mouth
☐ Installed car seat
☐ Insurance card
☐ Labor ball
☐ Lip balm or moisturizer
☐ Music and entertainment: iPod, CD player and CDs, DVDs
☐ Notepad and pen or pencil
☐ Nursing bra or sports bra
☐ Nursing pillow
☐ Photo ID
☐ Receiving blanket for baby when going home
☐ Snacks for support person (may bring a cooler if needed)
☐ Toiletries: Toothpaste, toothbrush, deodorant, shampoo and conditioner

Optional Items, If You Desire:

☐ Bathing suit for you and your support person for the tub or shower
☐ Cooler to take your placenta home
☐ Diaper cream
☐ Maternity underwear
☐ Night gown, bathrobe and slippers
☐ Pacifier for baby
☐ Pillows and blankets for comfort
☐ Stem cell collection kit
What Not to Pack:

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

What Inova Loudoun Hospital Provides:

- Baby blankets and t-shirts
- Baby bulb suction
- Beverages: Coffee, tea, soda, juice and POWERADE®
- Breast pads*
- Breast pump and supplies*
- Dermaplast spray, witch hazel pads, hydrocortisone cream and nipple cream*
- Diapers and wipes
- Disposable mesh panties
- DVD player in labor rooms
- Hospital gown
- Ice packs*
- Menus to local restaurants for takeout
- Nonslip socks
- Peanut ball
- Sanitary pads
- Sitz bath*
- Sound machine
- Towels and washcloths

*Provided as needed.

Please note that this is not an all-inclusive list. For questions and additional guidance, please contact the Inova Loudoun Hospital Birth Navigator at marie.tolliver@inova.org or 703.858.8936.