

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*
- Dermoplast 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.