

Delivery Day Packing List

The Baby Place

What to Bring on Delivery Day

When the time comes to deliver your baby, it's easy to forget to bring certain items that can help make you more comfortable during your labor and subsequent hospital stay. We recommend that you pack the following items in advance, so you're prepared to head to the hospital immediately when the time comes.

Items for Mom

Clothing Items

- Two or three night gowns, unless you are going to wear hospital gowns
- Loose-fitting, comfortable clothing to wear home
- Robe or sweater
- Nursing bras and nursing pads
- Slippers

Personal Care

- Personal toiletries
- Cosmetics
- Lip balm
- Hair-care items including hair ties, headbands and a brush
- Contact-lens case and pair of glasses

Extras

- Massage tools
- Extra pillow with colored pillow case
- Aromatherapy (non-flammable)
- Your favorite music playlist
- Camera with extra batteries or charger
- Phone charger

Remember to pack your Birth Wishes paperwork to bring with you to the hospital.



Scan the QR code to access Birth Wishes.

Items for Your Partner

- Personal toiletries
- Change of clothes
- Medications
- Snacks

Items for Baby

- Outfit for the baby to wear in his or her first pictures
- Outfit for the baby to wear home
- Baby blanket for the journey home
- Infant car seat installed in your car

If you have questions about what to bring to the hospital on your birth day, contact our Birth Experience Team at

AdventHealth Heart of Florida | 863-419-2229

LEARN MORE

[HeartOfFloridaBabyPlace.com](https://www.heartoffloridababyplace.com)

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