

Childbirth at Inova

Hospital bag checklists

Mother

- Drivers' license or other identification card
- Insurance Card
- Phone charger
- Hair dryer
- Comfortable, loose clothing to wear home.
- Hair ties, clips or a headband
- Toiletries
- Your own brush and comb
- Glasses/contacts and saline solution, if applicable
- Nursing bra if you plan to nurse
- Nightgown or pajamas
- Lightweight bathrobe to throw on when you have visitors
- Slippers or cozy socks with grip soles
- Your cord blood banking kit, if you're banking your baby's cord blood
- Pediatrician's business card
- A \$12 check or money order made out to "State Health Department" for a birth certificate.

Optional

- Extra pairs of underwear suitable for maxi pads
- Music or headphones that plug into your phone
- Diversions for a long labor, such as a book, crossword puzzles, magazines, a deck of cards, laptop or handheld electronic games
- Your favorite pillow or lightweight blanket for your comfort.

Support person

- Toothbrush, toothpaste, deodorant, other toiletries, spare contact lenses, glasses
- A travel pillow or bed pillow and a blanket for naps or an overnight stay
- Sweatshirt or jacket for quick runs to the cafeteria or nourishment room
- A change of underwear and fresh shirt.
- Pajamas or sweats for overnight stay
- Phone and a charger

Baby

- Going-home outfit
- Weather-appropriate clothes
- Infant car seat.

Make sure your car seat is properly installed before coming to the hospital. The care team will provide education for car seat safety but cannot install the car seat in your car. It is recommended that you have your car seat installation inspected by a trained technician. For more information about car seats, visit:

[National Highway Traffic Safety Administration](#)
[Arlington County Police Department](#)
[Fairfax County Sheriff's Office](#)
[Safekids.org Maryland inspection stations](#)

The postpartum nursing team will let you know when to bring the car seat your room.

What **not** to bring

- Valuables—diamond earrings, watches, etc. Anything you would be sad to lose, please leave at home.
- Large amount of cash
- Basic baby supplies – diapers, blankets, burp cloths, clothes, Enfamil formula, and donor human milk is provided.