

# | what to bring to the maternity center |

Delivering your baby in a peaceful, comforting environment improves your childbirth experience. At Carolinas HealthCare System, our maternity suites are designed with you in mind.

Bringing a few personal items and necessities from home will help you feel more comfortable as you await baby's arrival. Use this checklist to help you prepare for your visit to the maternity center.

*Babies seldom arrive on schedule, so it's wise to pack your suitcase a few weeks early.*

## SUITCASE CHECKLIST:

- Personal care items  
(toothbrush, hair brush, barrettes or ties for long hair, lip balm, toiletries, etc.)
- Eyeglasses
- Pajamas or nightgown that allows for breastfeeding
- Bathrobe, socks, slippers
- Underwear (several pairs)
- Nursing bra
- Educational materials from classes you've taken
- Your written birth plan (if you have one)
- Camera/camcorder and extra batteries (video allowed after delivery)
- Personal music player and headphones
- Pillow with non-white pillowcase if you prefer your own
- Coins for vending machine
- Contact information for people you want to inform when baby arrives
- Cell phone and charger
- Insurance information (card, Social Security numbers, etc.)  
and any paperwork needed for your hospital stay
- List of baby names you are considering
- Comfortable clothes to wear home
- Clothes for your baby to wear home
- Rear-facing infant car seat (required by law) already installed in your vehicle



Carolinas HealthCare System

[CarolinasHealthCare.org/Maternity](https://www.CarolinasHealthCare.org/Maternity)