What to bring to the Family Birthplace

There will be lots of activities happening as you prepare for your newborn’s arrival. Here’s a handy checklist to help ensure you have everything you need with you when the big day arrives.

- Copies of your birth plan
- Photo ID and insurance card for checking in at the hospital
- Snacks to munch on in between meals
- Toiletries: Lip balm, toothbrush and toothpaste, and any other toiletries you might want for a one-to-three-day stay
  - Eyeglasses/contacts if you wear them
- Maternity outfit to wear home, you will want it to be as comfy as possible
- Comfy socks or slippers
- Aromatherapy items (oils/diffuser)
- Electronics WhidbeyHealth has free WiFi so feel free to bring laptop/tablet
  - Chargers, roku/firestick/game consoles
  - Favorite music
- Breastfeeding Moms
  - Breastfeeding pillow
  - Breast pump
  - Nursing bra/tank/nightgown
- Baby Items
  - We provide Pampers diapers, dry wipes, blankets
  - Bring anything you want specific for baby to wear, such as going home outfit and anything specific you’d like baby to use (specific diapers and wipes)
  - Receiving blankets, socks or booties, and newborn mittens if you’re worried about baby scratching her/himself
  - An approved infant car seat for the journey home; Washington state law requires it. Make sure to install it properly before you head to the hospital, and that you know how to use it correctly.
- For Your Support Person
  - Change of clothes
  - Cash for snacks and meals
  - Camera or phone