

What to Pack for the Hospital

For You:

The Basics

- comfy, dark clothes for post delivery
- warm socks
- chap stick
- personal Hygiene
- nursing tank
- sweatshirt
- flip flops
- nursing pads
- nursing bra and/or sports bra

The Extras

- favorite pillow
- favorite lotion
- makeup to refresh post delivery
- your own shampoo and conditioner
- soft, comfy robe
- loose fitting nursing pajamas
- slippers

For Baby:

The Basics

- clothes for coming home
- car seat
- burp rags
- diapers and wipes

The Extras

- multiple sized onsies
- pacifier
- nursing pillow
- nursing cover
- nail file/clippers
- baby mittens
- extra blankets
- mittens
- bottles and formula (if not planning to breastfeed)

For Partner:

The Basics

- change of clothes
- personal hygiene
- flip flops
- sweatshirt

The Extras

- pajamas
- pillow
- warm socks/slippers
- swimsuit (for joining the mother in the tub or shower during labor)
- water bottle

General:

- paperwork (photo ID, insurance card...)
- phones and chargers
- camera and extra batteries
- laptop
- books/magazines
- deck of cards or other games to pass the time
- movies
- music
- snacks (for mom post delivery and for partner during and post labor)
- mints/hard candies
- change for vending machine
- baby book (if you want baby's foot prints in it)
- tools desired for labor (i.e. massage tools, essential oils, tennis balls, rice bags...)ww.

