

What to Pack in your Hospital Bag

For Baby:

- Car seat- preinstalled in your car
- 2 bodysuits/onesies
- Pairs of socks/booties
- 1 soft cap
- 1 warm receiving blanket
- Seasonal clothing if needed (snowsuit/hat)
- 1-2 burp clothes
- 1 pacifier
- Nursing pillow

Paperwork:

- Hospital paperwork
- Insurance Card
- Photo ID
- Birth plan (if you have one)

Travel Sized Personal Items

- Tooth paste
- Tooth brush
- Nipple cream
- shampoo/conditioner
- Moisturizer
- Lip balm
- Face wash
- Deodorant
- Contact lenses and solution, eyeglasses (if needed)
- comb/brush
- Body wash

Clothing

- 2 nursing bras
- Breast pads
- Bathrobe
- headband/ponytail holders
- 1 light, loose maternity outfit for going home
- Slippers
- 2-3 pairs of underwear
- Pajamas

Electronics

- Phone/phone charger- preload contacts/music playlist
- Earbuds
- Laptop and charger/plug
- Photo/video cameras

Entertainment

- Light reading materials- magazines
- Playing cards
- journal/pens
- Massager (for relaxation)

Snacks

- Dried fruit
- Nuts
- Granola bars

Bring an extra bag for items you will bring home!