

Hospital Bag Checklist

DURING LABOR

FOR MOM

Essentials

- Nursing Bra or Tank Top
- Nausea Bands or Drops
- Camera
- Contact List (Phone numbers and emails)
- Lip Balm
- Non-slip Socks
Great for Pacing the Hallways
- Glasses or Contact Lenses
- Two Piece swim suit (or top only) if using a birthing tub
- Identification, Insurance Card
- Copies of Birth Plan
- Positive Attitude--You are made for this. Your body is ready!

Nice-to-haves

- Housecoat/Gown
- Stop Watch
- Ipod or Music Player
- Books, Magazines, Cards
- Spray Bottle
For cooling you down during labor
- Refillable Water Bottle
- Birthing Ball
- Change of Clothes
- Snacks & Drinks
- Nursing Pads
- Rolling Pin, Rice Sock, Tennis Ball-- great for back pain relief during labor

FOR BABY

Essentials

- Babies first outfit with feet is preferable
- Receiving Blankets

FOR DAD

Essentials

- Your glasses or contact lenses
- Comfortable clothes especially shoes



AFTER LABOR

FOR MOM

Essentials

- Nursing Bras/Tank top
- Nursing Pads
- Nursing Pillow
- Lightweight nursing gown
- Healthy Drinks/Snacks-- Hospital food isn't nutritious for a recovering/nursing mom
- Shampoo & Body Wash
- Toothbrush & Toothpaste
- Hair brush & Clips
- Deodorant
- Towels
- Going home clothes

Nice-to-haves

- Manual Breastpump
- Cosmetics
- Tissues
- Refillable Water Bottle
- Favorite Tea
- Nipple Cream or Icepack for Soothing Sore Nipples
- Note Pad or Journal for questions for your care team, feelings you want to remember

FOR BABY

Essentials

- Car Seat
- Diapers & wipes
- 2 Extra Outfits is Preferable
- Socks
- Sun or Winter Hat

Nice-to-haves

- Scratch Mittens
those little nails can be sharp
- Pacifier
- Blanket

FOR DAD

Essentials

- Deodorant
- Shampoo, conditioner, soap

Breastfeeding Tip: You may be sore and it might take a few days to get into a rhythm but hang in there. It's worth it and it gets so much easier after the first week.