

hospital packing checklist

mommy must-haves

- ☐ Toiletries
 - o Toothbrush & toothpaste, hair ties, deodorant, lotion, face wash, shampoo & conditioner, body wash, lip balm, sanitary pads,
- ☐ Make-up (for going home)
- ☐ Flip flops
 - o Inexpensive flip flops you can throw away after your visit
- ☐ Robe
- ☐ 2-3 Nursing Tank Tops
- ☐ 4-6 pairs of underwear
- ☐ Comfy pajama pants
- ☐ Cash & Change
 - o Snacks at vending machine, gift store purchases, etc.
- ☐ Comfy underwear
- ☐ Warm socks
- ☐ Slippers with non-skid soles
- ☐ Maxi pads with wings
- ☐ Soft pillow & blanket from home
- ☐ Snacks
- ☐ Hand sanitizer for all guests
- ☐ Nursing Supplies
 - o Breast pads, lanolin cream, breast pump, nursing pillow & cooling gel pads
- ☐ Homecoming Outfit
- ☐ Notebook for keeping notes
- ☐ Snapped folder to hold all hospital paperwork
- ☐ Champagne or sparkling cider to celebrate with!
- ☐ -----
- ☐ -----
- ☐ -----

baby must-haves

- ☐ Cord blood collection kit (if you're doing this)
- ☐ Homecoming Outfit for baby
- ☐ 2-3 long-sleeved onsies
- ☐ Baby socks or booties
- ☐ Extra layers of clothing for baby in cooler months
- ☐ Receiving blankets
- ☐ Stocked Baby Bag
 - o Diapers, wipes, sanitized bottles & pacifiers, baby nail clippers, extra bottles if you choose not to nurse

partner must-haves

- ☐ Camera & Video Camera
- ☐ Cell Phone & Charger
- ☐ Important Documents
 - o Birthing Plan, Insurance Information, Personal ID, Hospital Registration Info
- ☐ Personal Contact List
 - o Plan ahead with a contact group already set so you don't have to search to celebrate the big news!
- ☐ Soft pillow & blanket from home if you choose to stay
- ☐ Installed car seat
- ☐ Toiletries if you choose to stay
- ☐ -----

labor must-haves

- ☐ Hard candy or lollipop to keep your mouth moist during labor
- ☐ Soothing music on your iPad
- ☐ Magazines & books
- ☐ Gifts for nurses/hospital staff
- ☐ -----