

HOSPITAL BAG ESSENTIALS

When you deliver your baby, you may be in the hospital for a couple days. To make your stay a comfortable one, pack a bag with anything you think you would use at home during that time.



FOR MOM

- Pajamas or whatever clothing is most comfortable for you
- Comfortable footwear, such as slippers or flip flops
- Breastfeeding bra – or high-quality, comfortable bra if bottle feeding – and nursing pads
- Clothes to wear home
- Toiletries
 - Soap
 - Shampoo
 - Deodorant
 - Toothbrush and toothpaste
 - Moisturizing lotion
 - Other: _____
- Phone charger
- Your own pillow, if you prefer
- Entertainment
- Snacks
- Stress busters for the labor and delivery, such as flameless scented candles or music



FOR BABY

- Outfit for baby to wear home
- Outfit, blanket or whatever you'd like for first pictures
- Car seat
 - Installed and ready for trip home
 - Practice putting a baby in the seat and working the straps



FOR YOUR SUPPORT PERSON

If you will have a support person staying with you, they should have a bag packed, too.

- Comfortable clothes
- Comfortable footwear
- Phone charger
- Entertainment
- Toiletries

OTHER THINGS TO CONSIDER

Don't wait to pack your bag for the hospital.

Start a few weeks before your due date, so you can add to it as things come to mind. And if you deliver early, your bag will be ready, so you don't have to scramble to put one together.

Leave any valuables at home.

There's really no need for them at the hospital and you don't want to risk losing them.