



WHAT TO PACK IN YOUR *hospital bag*

FOR BIRTHING PARENT

- Clothing to labor/birth in
- Comfy, loose pajamas
- Thick socks, slippers, or sandals
- Nursing tanks
- Clothes to go home in
- Toiletries and make up (if desired)
- Hair ties
- Cell phone and charger
- Chapstick

FOR PARTNER

- Change of clothes
- Pajamas
- Toiletries
- Comfortable shoes
- Zip-up hoodie for skin-to-skin
- Headphones
- Tablet or laptop
- Cell phone and charger
- Your medication/OTC's

FOR BABY

- A going-home outfit
- A set of pajamas
- Infant car seat
- A newborn hat/cap
- Blanket for going home
- Pediatrician Information

Miscellaneous

- Birth Plan
- Blue tooth speaker
- Reusable water bottle
- Favorite snacks and hard candies
- Pillow (A cheap Target pillow will do!)
- Grocery bag for extra hospital supplies
- Glasses/ contact lenses and solution