

Checklist for Hospital Bags(1 bag prebirth, 1 bag postpartum, 1 bag for dad, 1 bag baby)

### **Labor & Delivery**

- ❑ Your birth plan.
- ❑ Your insurance card and any hospital paperwork you need.
- ❑ Eyeglasses
- ❑ A hair band/hair ties.
- ❑ Lip moisturizer/balm.
- ❑ Toiletries
- ❑ A bathrobe, nightgown, slippers, and a couple of pairs of socks.
- ❑ Flip Flop/Shower Shoes
- ❑ Something to read, if you're so inclined. (InStyle, Vogue, People)
- ❑ Massage oils or lotions
- ❑ Extra pillow w/ patterned case.
- ❑ Tennis balls/rice pad.
- ❑ Music/ipod/cd player.
- ❑ DVD PLAYER/DVDs (for long labor).
- ❑ Notepad/journal/pen/pencils.

### **For Partner**

- ❑ Money/coins for parking and change for vending machines.
- ❑ Toothbrush, toothpaste, shampoo, deodorant.
- ❑ A change of clothes, overnight clothes
- ❑ Some snacks and something to read during the early stages.
- ❑ A camera/video camera and film or tape or a memory card and batteries. Camera charger.
- ❑ A bathing suit. If your partner wants to take a bath or shower during labor, you may want to jump in with her.
- ❑ Laptop

### **Post-partum**

- ❑ A fresh nightgown.

- ❑ Snacks! So bring your own crackers, trail mix, raisins, and energy bars/juice, lollipops/mints.
- ❑ A nursing bra, breast pads, and (4-5) underwear.
- ❑ Toothbrush, toothpaste, hairbrush, shampoo/conditioner, deodorant(travel size).
- ❑ Call family/friends list and prepaid phone card or cell phone(charger).
- ❑ A going-home outfit:Sweats/sweatshirt/t-shirt/socks. Flat shoes.
- ❑ Boppy
- ❑ Tush cush
- ❑ Nipple cream.
- ❑ Bring along plastic bags (like shopping bags) and put dirty clothes in those.
- ❑ Bring extra clothes for you and your spouse, because that beautiful child will not waste anytime trying to pee on you.
- ❑ Thank you cards/token gifts for nursing staff

### **Baby**

- ❑ An infant car seat w/ head support.
- ❑ 3-4 diapers
- ❑ Nightgown/socks or booties.
- ❑ A going-home outfit (one-piece stretchy outfits are easiest).
- ❑ A receiving blanket (a heavy one if the weather's cold).
- ❑ A pair of socks or booties.
- ❑ A cap/hat.
- ❑ Baby nail clippers or emery board.