

Essential Hospital Packing

CHECKLIST

For Myself

- Small Suitcase _____
- Old Underwear _____
- Pads- Heavy _____
- Easy access pajamas _____
- Nursing & Sports Bra _____
- Phone charger _____
- Laptop or book _____

Hygiene

- Small shampoo & conditioner _____
- Hairbrush _____
- Pads - Heavy _____
- Hair ties _____
- Dry Shampoo _____
- Toothbrush / toothpaste _____
- Deodorant _____

For Baby

- Button up pajamas _____
- Pacifier _____
- Gloves for baby _____
- Swaddles _____
- Boppy pillow _____
- Burp clothes _____
- Multiple Onesies _____

Don't Bring

- Jewelry _____
- Cash _____
- Diapers (hospital gives) _____
- Bottles (hospital gives) _____
- Tampons - Not yet! _____
- Medications _____
- Candles _____

Essential Hospital Packing

CHECKLIST

For Myself

- Comfy Robe
- Breastfeeding shirt
- Maternity leggings
- Flip flops
- Outfit for home
- Dress to wear home
- C-Panty if C-section

Hygiene

- Lotion & nipple butter
- Washcloth
- Lip balm
- Razor
- Q-tips
- Perfume
- Birth plan

For Baby

- Formula - just in case
- Cute outfit for pics
- Hat for baby's head
- Comfy blanket for cold
- Unscented wipes
- Baby Nail clippers
- Receiving blanket

Randoms

- Bag for dirty clothes
- ID/ Insurance card
- Installed Car Seat
- Pillows & Blanket for hubs
- Snacks for you & hubs
- Essential oils
- Water bottle