

hospital packing list

Clothes:

- Comfy & soft clothes
- Nursing bra/tank
- Comfortable underwear
- Pajamas
- Bathrobe
- Socks
- Slippers
- Bag for dirty clothes

Toiletries:

- Toothbrush
- Toothpaste
- Shampoo
- Conditioner
- Face wash
- Body wash
- Lotion
- Lip balm
- Deodorant
- Hair brush
- Hair ties

For Comfort:

- Favorite pillow
- Portable speaker/charger
- Headphones
- Eye mask
- Essential oils
- Mood setting ambiance
- Water bottle
- Favorite hydrating beverage
- Healthy snacks
- Relaxing entertainment

Other Items:

- Cell phone/camera
- Phone charger
- Photo ID
- Insurance card
- Wallet
- Birth Preferences
- Glasses/Contacts
- Cord blood kit (if applicable)

To Go Home:

- Comfy & loose clothes
- Easy to put on shoes
- Rear-facing car seat
- Baby outfit & hat
- Baby blanket

Support Person:

- ID/wallet
- Clothes
- Toiletries
- Phone/charger

Pack light, pack comfortable, & pack essentials

The hospital has supplies to take care of yours and baby's basic needs
Create the environment in the room with things that make you feel good –
it is your intimate and sacred birthing space