

# HOSPITAL/BIRTHING CENTER BAG ESSENTIALS

FOR MOM & PARTNER:		NOTES
	Picture ID, Insurance info, hospital papers & cards	
	Birth Plan (If you have one)	
	Socks (that can get ruined)	
	PJ or comfy outfit for hospital/birthing/breastfeeding	
	Warm robe or sweater for the cold hospital	
	Maternity Bra and nursing pads	
	Underwear (granny panties)	
	Lip Balm	
	Toiletries (Toothbrush/toothpaste, deodorant, hairbrush)	
	Headband & hair elastics	
	Sugar-free hard candy to keep mouth moist	
	Cash for the vending machines and parking	
	Cell phone/charger	
	Camera, memory card, battery/charger	
	Flip Flops for shower and to walk around the hospital	
	Sanitary Pads (Ex: Incognito MaxiMom )	
	Makeup (Freshen up to take some first pics with baby)	
	Smartphone app or watch to time contractions	
DONE	FOR BABY:	NOTES
	Approved & Installed Car Seat	
	Diapers and Wipes	
	Coming Home Outfit	
	Newborn Hat	
	Onesie & Socks for hospital	
	Receiving Blanket	
	Outdoor gear (Seasonally appropriate)	
DONE	ON WAY HOME:	NOTES
	Going-home clothes (you will still look pregnant)	
	Lanolin Cream (Soothes nipples)	
	Stool Softener	
	Tucks	
DONE	EXTRA:	NOTES
	Glasses/Contacts	
	Hairdryer	
	Breast pump	
	Light reading material	
	Extra Pillow	
	Nursing Pillow	
	Bellefit or any after birth band	
	Gifts for older siblings from Baby	