

Hospital Bag Checklist

Purse / Mom's Bag

- ☐ Insurance card, photo ID and hospital paperwork/birth plan (in a purse or give to husband)
- ☐ Chapstick
- ☐ Robe
- ☐ Nursing Bra
- ☐ Nursing Tank Top
- ☐ Nursing Nightgown. I was either in my hospital gown or a nursing nightgown the whole time. You're nursing and doing skin-to-skin while in the hospital so just pick something comfy that you can pull down easily.
- ☐ Going Home Outfit. I wore a dress, sweater(with Sophie, it was in the spring) and slides home.
- ☐ No-Slip Socks or slippers
- ☐ Swimsuit (Natural birth only, in case you are able to get in the tub/shower to labor)
- ☐ Labor/Delivery Gown if you don't want to use the hospitals
- ☐ Belly Band
- ☐ Postpartum Underwear if you don't want to wear the ones the hospital gives you. I personally like them but know people who hate them and bring their own.
- ☐ 10ft Long Phone Charger
- ☐ Pillow/Pillowcase
- ☐ Blanket

Toiletries/Last minute things to pack

Skincare/Hair/ Misc Items	Makeup
☐ Makeup Oil Remover & Makeup Eraser ☐ Facewash ☐ Toner ☐ Serum ☐ Moisturizer ☐ Eye cream ☐ Hair ties/Clips/Bobby pins/ Headband ☐ Dry Shampoo/brush ☐ Shampoo/Conditioner/blow dryer/straightener if you want to wash your hair at the hospital ☐ toothbrush/toothpaste ☐ Deodorant ☐ contacts/glasses if needed ☐ Body wash / loofah ☐ Shower Sandals	I packed all my normal makeup, you can bring what you normally wear or none at all. It's nice to have a little something for photos. Here is what I packed just in case. ☐ Primer ☐ Foundation ☐ Powder ☐ Bronzer ☐ Blush ☐ Eyeshadow ☐ Eyeliner(If you want, I didn't bother.) ☐ Eyelash curler & mascara I have extensions so I didn't bother packing these) ☐ Chapstick & lip gloss/stick(for photos) ☐ Brow pencil

Husband Hospital Bag

- ☐ Camera / Charger / Tripod (since you can't have a photographer come in, we did our own photos.)
- ☐ 10ft Long Phone Charger
- ☐ Basic Toiletries including a toothbrush, toothpaste, deodorant, shaver.
- ☐ Changes of Clothes (including sleepwear)

- ☐ Sweats & Sweatshirt,

they warned us the husbands were going to be freezing because they keep the rooms really cool. My husband is always warm so he was in his sweat joggers and a t-shirt the whole time and that was perfect for him.

- ☐ Tshirts

- ☐ Jeans(if you want to be fancy for pictures or going home lol Ry stayed in his sweats joggers)

- ☐ Socks

- ☐ Underwear

- ☐ Shoes

- ☐ Outfit for photos/Going Home Outfit

- ☐ Swimsuit (natural birth only) in case of helping your partner in the tub or shower during labor
- ☐ Dvds during your 2-3 day stay at the hospital. We brought our Fire Stick to stream hulu and netflix we just plugged it into the tv there.

Things to bring for baby

We brought too much when we had Sophie, you literally only need swaddles and maybe 1 or two outfits for photos and a going home outfit. The whole time in the hospital you're pretty much only feeding and changing and the Doctors are checking your baby. So she was just in her diaper and a swaddle to sleep in the entire time. We didn't use any of the outfits we brought except for 2. The going home outfit and one for photos. SO that's exactly what we brought for Parker and all we ended up using.

- ☐ Infant Car Seat (already installed, you can't take your baby home without it.)

- ☐ Going home outfit, something with legs to be able to get them in the car seat, not a sleep sack style outfit (i've seen a lot of people try to do that not thinking it through lol) we bought a onesie with mittens attached, pants, a hat and socks. A zipper onesie with foldable mittens and the feet attached would probably be the easiest thing and most comfortable for your brand new baby.

- ☐ Baby blanket

- ☐ Swaddles

- ☐ Socks/mittens

- ☐ Hat/Bows

- ☐ Baby book for footprints

- ☐ Breastpump (I overproduced both times so it was nice to have a pump to get relief from all the extra milk our nurses also said it's a good way to start producing more milk quickly)
- ☐ Boppy Pillow for Nursing
- ☐ Pacifiers (we waiting to introduce the pacifier, our doctors told us it would help the breastfeeding process)
- ☐ Welcome Sign of some sort for photos (we used a letter board)

Extras & Comfort Tools

- ☐ Bubble Bath & bath bomb incase you get in the labor tub (I brought shower bombs for after delivery)
- ☐ Handheld Back Massager
- ☐ Lotion/oil
- ☐ Diffuser & Essential oils (we diffused lavender our whole stay and everyone who walked in our room kept commenting how peaceful it felt as soon as they walked in, the nurses said they kept thinking of excuses to check on us just to smell it some more <3)
- ☐ My own blanket
- ☐ Music / Bluetooth Speaker
- ☐ Birthing ball if your hospital doesn't have one or there is a limited supply.
- ☐ Thank you basket for nurses
- ☐ Thank you basket/gift for Doctor
- ☐ Gatorade
- ☐ Snacks

Below are the things they provide for you that you don't have to bring(at our hospital at least) Everything is good to have at home so you can always ask for extras and they will give you enough to last you at home or buy extras to have waiting at home but there is no need to bring to the hospital with you.

- ☐ Postpartum Underwear
- ☐ Pads
- ☐ Tucks
- ☐ Dermoplast Spray
- ☐ tylenol/Ibuprofen/prenatals
- ☐ Swaddles (we brought a few of our own)
- ☐ Diapers/Wipes
- ☐ A Hat (we brought one of our own also for photos.)

Hope this list helps and Congratulations on your little miracle babe!
You're going to do awesome Mama, don't stress!

XoMicah