



## **Packing your hospital bag:**

### **For the mom:**

Lip balm, toiletries, cosmetics, hairbrush & hair elastic  
Gown/robe if you'd prefer to wear your own in the hospital  
Socks & slippers  
iPod/music device  
Oil for massage  
Personal comfort items (pillow, flowers, pictures)  
Snacks & drinks  
Prenatal vitamins

### **For the dad:**

Birth plan  
Extra clothing  
Swimsuit & Towel  
Camera  
Snacks  
Pen and paper  
Wallet, phone etc.

### **Once baby has arrived:**

Breast pads  
Maxi pads  
Nursing bra  
Nipple cream  
Extra diapers for baby (but hospital will have)

### **For the baby:**

Clothing to go home in  
Hat  
Socks/booties  
Sleeper for baby  
Swaddle blanket  
Burp cloths  
Nail clippers  
Car seat

### **Make sure:**

There is gas in the car  
To pack a blanket and pillow in the car  
Camera batteries are charged