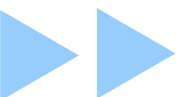




# HOSPITAL BAG CHECK LIST





# HOSPITAL BAG

Can you show up at the hospital and be just fine? Well, of course! Some may use nothing from this list, only a few items or enjoy the entire list. Some moms prefer to over-prepare by packing several bags, while others prefer the minimalist approach.

Think of this as a guide filled with potential options for your hospital stay instead of a strict list. Remember, most hospitals will give you all the essentials for mom and baby, therefore, what you bring with you is just a "want" not necessarily a "need".

## THE "MUST HAVES":

- Birth Plan (simple one page with bullet points is best).
- ID
- Health Insurance information



## FOR MOM:

- 2-3 cotton underwear (go a size up or use maternity underwear)
- Nursing bra or nursing tank
- Nipple cream for example, Earth Mama Organics which can be used as a chapstick as well (I found it necessary)
- Comfortable robe
- Comfortable cotton pajamas (something loose and short with easy nursing access).



# HOSPITAL BAG

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- Toiletries (deodorant, hair tie/clip, face wash, easy to use makeup to freshen up, hair brush, hair tie, glasses or contacts +solution if you use them)
- Flip-flops or slippers
- Going home outfit (something loose, preferably still maternity clothing).
- Charger (if you have a long cord even better)
- Snacks, think healthy protein bars, honey packs for energy, nuts, pouches with chia seeds (aids with constipation) etc.
- Supplements - prenatals, vitamin D and fish oil are best to take. Fish oil also aids with constipation postpartum.



## FOR BABY:

- Going home outfits (both newborn and 0-3 months) (onesie, pants, socks, beanie). Note- it's best to not dress your baby while still staying at the hospital, using a double swaddle makes skin to skin while nursing much easier and efficient. It also makes diaper changing easier for mom and baby.
- Cute swaddle if you want to take nice photos in the hospital, otherwise the hospital ones are the best for a newborn.
- Blood banking kit, if you choose to get one.
- Car Seat installed. Note, you should practice by putting a doll in the car seat prior to baby's arrival and learn how to strap baby correctly. The hospital is not allowed to help you with putting the baby in the seat.



# HOSPITAL BAG

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## PARTNER:

- Pillow
- Extra clothes
- Toiletries
- Charger
- Camera
- Extra Cash
- Snacks



## NICE TO HAVE:

- Your own pillow (use a colorful pillow case)
- Speaker to play music, for example your favorite calming playlist
- Your own supplies for babies if you choose not to use the hospitals (diapers, swaddle, pacifier, formula just in case)
- Birth ball
- Breast pump if you don't wish to use the hospital's pump. This is only in case you need to pump, typically not recommended to pump for the first 2-4 weeks
- If there is an older sibling- a gift from baby and a photo of older sibling to keep in the bassinet in the hospital. This helps the older sibling identify that the "baby has been looking at your photo and has been waiting to meet you."

**REMEMBER:** Your hospital stay costs are covered through your insurance. Therefore, take advantage by using what they provide and taking any necessary supplies home with you.