



# *Packing for the Hospital*

## CHECKLIST

### LABOR BAG CHECKLIST

#### FOR EXPECTANT MOM

- Insurance card, photo ID, Wallet/Purse
- Bathrobe, slippers (or flip-flops) (hospital gown and socks are available at hospital)
- Basic Toiletries (including toothbrush, toothpaste, deodorant, hair accessories, favorite soaps, shampoo and conditioner)
- Lip moisturizer (Chapstick, lip balm, etc.)
- Eyeglasses or contacts, contact solution (if needed)
- Music Speaker or Sound Machine
- Book, magazine, iPad or Cards for early labor
- Massage ball (for backache) & Portable Fan (for hot flashes during contractions)
- Fitness/birth ball (Available at some hospitals or birthing clinics)
- Sentimental item from home, such as a favorite pillow or blanket
- Focal point, such as an ultrasound photo
- Cellphone and Long Charger

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## FOR PARTNER

- Snacks
- Bathing suit (in case you need to help your partner in the tub or shower during labor)
- Mints or chewing gum for fresh breath
- Cellphone and charger
- Basic Toiletries (including toothbrush, toothpaste, deodorant, soaps, shampoo and conditioner)
- Phone numbers of family and friends
- Change of Clothes (Including Sleepwear & Slippers)
- Pillow, Blanket
- Wallet (Drivers License/Photo ID, Insurance, Credit Cards, Cash for Vending Machines).

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## POSTPARTUM BAG CHECKLIST

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## FOR MOM

- Nightgown or Robe
- Comfortable, loose going-home outfit and shoes
- Snacks, if desired
- Slippers
- Nursing Bra
- Nipple Cream
- Breast pads
- Perineal Spray & Peri Bottle
- Maternity Underwear & Pads
- Camera
- Toiletries (including toothbrush, toothpaste, deodorant, hair ties, hairbrush, favorite soaps, shampoo and conditioner)

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## FOR BABY

- Infant car seat (know how to use and have installed)
- Going-home outfit
- Receiving Blanket & Swaddles
- Pair of socks or booties
- Burp Clothes
- Extra Hat
- Baby nail file (soft emery board)
- Pacifier
- Onesies & Baby Outfits (4-5)
- Extra Bag (To take diapers, wipes, etc. from Hospital)