

# HOSPITAL PACKING LIST

## CLOTHING

- Personal gown (if desired)
- Nursing bra or tank top
- Comfortable going home outfit (you will still have a tummy!)
- Socks (sticky if you have them)
- Slip on sandals or slippers
- Pajamas

## BABY ITEMS

- going home outfit (bring multiple sizes)
- Blanket or swaddle
- Any special props for pictures
- installed car seat
- burp cloths

## FOR PARTNER

- Medication
- ibuprofen
- change of clothes
- pillow
- toiletries - same as you would to go on a trip
- blanket
- sweater or jacket
- pajamas

## ADDITIONAL :

## MISC.

- Phone charger (extra long)
- sound machine
- playlist & speaker
- essential oils
- sleep mask
- pillow (in colored case)
- Breast pump (if you know you'll see a lactation consultant)
- snacks
- coconut water or preferred juice
- affirmation cards
- electric candles
- nursing pillow
- items to pass the time

## TOILETRIES

- toiletries - same as you would to go on a trip
- hair ties
- hair brush
- headband
- makeup (if desired)
- lotion
- chapstick
- medication

## PAPERWORK

- License or ID
- Insurance information
- Registration forms
- OB/Midwife & Pediatrician info
- Birth preferences