

## HOSPITAL PACKING LIST

### Essentials

- \_\_\_ phone & charger
- \_\_\_ glasses or contacts
- \_\_\_ copies of birth plan
- \_\_\_ installed car seat
- \_\_\_ DL & SSN card
- \_\_\_ insurance card
- \_\_\_ hospital admission forms
- \_\_\_ prescription meds
- \_\_\_ ear plugs
- \_\_\_
- \_\_\_

### Labor Comfort

- \_\_\_ pillow & eye mask
- \_\_\_ birthing gown
- \_\_\_ massage oil
- \_\_\_ tennis ball
- \_\_\_ rebozo or long scarf
- \_\_\_ battery operated fan
- \_\_\_ LED candles
- \_\_\_ Christmas lights
- \_\_\_ music w/ headphones
- \_\_\_ bluetooth speaker
- \_\_\_ fitness ball
- \_\_\_ aromatherapy & cotton balls
- \_\_\_ printed affirmations

### Labor Snacks

- \_\_\_ electrolyte/coconut water
- \_\_\_ protein bars
- \_\_\_ honey sticks & sweets
- \_\_\_ fresh fruit
- \_\_\_ broth
- \_\_\_ crackers & yogurt
- \_\_\_ nut butter packets
- \_\_\_ fruit squeeze pouches
- \_\_\_ energy chews/goo
- \_\_\_ cheese or yogurt
- \_\_\_ snacks for your partner

### Oh Baby!

- \_\_\_ diapers + wipes
- \_\_\_ beanie
- \_\_\_ swaddle
- \_\_\_ 2-3 outfits
- \_\_\_ breastfeeding pillow
- \_\_\_ blanket or swaddle

### Toiletries

- \_\_\_ toothbrush + paste
- \_\_\_ facewash & bodywash
- \_\_\_ deodorant
- \_\_\_ dry shampoo
- \_\_\_ lotion

### Just for Mom

- \_\_\_ robe
- \_\_\_ comfy clothes for 2-4 days
- \_\_\_ warm socks
- \_\_\_ nursing bra & tank tops
- \_\_\_ slippers
- \_\_\_ brush & hair clips/ties
- \_\_\_ lip balm
- \_\_\_ nipple cream
- \_\_\_ mints & gum
- \_\_\_ make up
- \_\_\_
- \_\_\_

### Extras

- \_\_\_ cash & quarters
- \_\_\_ iPad or laptop
- \_\_\_ camera
- \_\_\_ extra tote bag
- \_\_\_ gift for nurses
- \_\_\_ entertainment
- \_\_\_ clothes for partner

### Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_