



Packing Your Bags

Client

- Nightgown
- Robe
- Outfit for home – stretchy and comfortable
- Sports bra
- Something to wear in the water/tub
- Nursing bra
- Socks, grip bottoms
- Shower slippers, flip flops
- Toiletries
 - Toothbrush and toothpaste
 - Hair brush/ comb
 - Shampoo and conditioner
 - Deodorant
 - Shower gel or soap
 - Lotion
 - Contact solution and case (if applicable)
 - Hair ties
- Sanitary pads or disposable underwear
- Underwear – loose and stretchy
- ID, insurance information, other personal documentation
- Pillows
- Nursing pillow
- _____
- _____
- _____
- _____
- _____

Other

- Phone chargers
- Camera
- Tablet or other devices
- _____
- _____
- _____

Partner

- Comfortable clothes
- Swimwear
- Change of clothes
- Sweater
- Socks
- Shower slippers, flip flops
- Pillows & blanket
- ID, insurance information, other personal documentation
- Toiletries
 - Toothbrush and toothpaste
 - Hair brush/ comb
 - Shampoo and conditioner
 - Deodorant
 - Contact solution and case (if applicable)
- _____
- _____
- _____
- _____
- _____

Baby

- Newborn outfit, recommend footed PJs
- 0-3 month outfit, recommend footed PJs
- Hat
- Swaddling blanket
- Diapers (optional, provider may have these)
- Wipes (optional, provider may have these)
- Carseat

Other

- _____
- _____
- _____
- _____
- _____