

Birth Bag

CLOTHING

LABOR GOWN(S)

COMFY SPORT BRA/NURSING BRA

GOING HOME CLOTHES

ROBE

SOCKS (GRIPPY)

FLIP FLOPS FOR SHOWER, SLIDE ON SHOES

2 SETS OF BABY CLOTHES (NEWBORN & 0-3 MOS)

DISPOSABLE UNDIES (THE HOSPITAL WILL ALSO PROVIDE SOME OF THESE)

HUSBAND/PARTNER CHANGE OF CLOTHES

TOILETRIES

BRUSH, COMB, HAIR TIES, DRY

SHAMPOO/CONDITIONER

FACIAL PRODUCTS (WIPES + SPRITZERS)

DEODORANT

ORAL CARE

LOTION

FACE MOISTURIZER/SERUMS

DRY SHAMPOO (IF YOU USE THIS & CANNOT SHOWER)

COMFORTS

EXTRA LONG CHARGING CORDS

PILLOWS

LIGHTWEIGHT BLANKET OR

WEIGHTED BLANKET

MASSAGER GUN

ESSENTIAL OILS & DIFFUSER

EARPLUGS

MUSIC PLAYLIST/BLEETOOTH SPEAKER

EASY-TO-EAT SNACKS

COCONUT WATER OR GATORADE

SEASICKNESS BANDS

BOOKS OR MAGAZINES

BIRTH BALL OR PEANUT BALL

EYEMASK

