



# WHAT TO PACK IN YOUR *hospital bag*

## FOR BIRTHING PARENT

- Clothing to labor/birth in
- Comfy, loose pajamas
- Thick socks, slippers, or sandals
- Nursing tanks
- Clothes to go home in
- Toiletries and make up (if desired)
- Hair ties
- Cell phone and charger

## FOR PARTNER

- Change of clothes
- Pajamas
- Toiletries
- Comfortable shoes
- Zip-up hoodie for skin-to-skin
- Headphones
- Tablet or laptop
- Cell phone and charger

## FOR BABY

- A going-home outfit
- 2 or 3 sets of pajamas
- Diapers and wipes
- A newborn hat/cap
- Infant car seat
- Blanket for going home

## EXTRAS

- Water bottle
- Blue tooth speaker
- Extra pillows and blankets
- Lots of snacks
- TENS machine
- Breastfeeding pillow