



# Hospital Bag Packing List



## For Mom:

- ID & wallet
- Birth plan (if you have one)
- Glasses/Contact lenses
- Phone & charger
- Favorite snacks, candy, drinks , water bottle
- Slippers (that can be worn in the shower)
- A couple of pairs of warm socks
- Robe and nightgown/pajamas (ideally with easy access for breastfeeding)
- Loose, lightweight clothing & comfortable going-home clothes
- Maternity bras and underwear, nursing pads
- Bag for dirty clothes
- Toiletries (e.g. lip balm, hair ties, hairbrush, toothbrush, toothpaste, deodorant, shower gel, shampoo, lotion, contact lens case and solution)
- Daily medication
- Peri bottle for postpartum care
- Headphones, earplugs, eye mask
- A comfy pillow from home/breastfeeding pillow
- A speaker
- Anything that could make the delivery room feel more cozy & like home (pictures, essential oils, small trinkets, LED candles)

## For your Partner:

- Phone & charger
- Wallet
- A few changes of clothes
- Slippers
- Toiletries
- Chewing gum
- Snacks & water bottle

## For Baby:

- Car seat
- Baby Nest
- 2-3 pajamas, onesies, pants
- Socks & hat
- Clothing for the journey home according to the season
- Warm blanket

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