

Ultimate Hospital Pack List

DOCUMENTS

- Drivers License
- Health Insurance
- Birth plan/preference list
- Cards / Cash
- Name of Pediatrician

ELECTRONICS

- Phone & Charger
- Camera & Charger
- Laptop & Charger
- Headphones
- Music/Speakers
- Portable fan

CLOTHES

- Loose fitting items
- Nursing bra or tank
- Bath robe
- Comfy gown
- Slip on shoes/sandals

TOILETRIES

- Toothbrush & paste
- Deoderant
- Shampoo & conditioner
- Facewash
- Bodywash
- Lip balm
- Hairbrush & Ties
- Lotion
- Glasses/Contacts
- Optional: Makeup
- Optional: Hairdryer

FOR BABY

- Car Seat
- Socks/Booties/Mittens
- Bottles (if using)
- Optional: Baby clothes
- Optional: Baby blanket
- Optional: Announcement sign

SUPPORT PERSON

- Snacks
- Medications
- Water Bottle
- Books or Magazine
- Clothes/PJs
- Toiletries

NICE ADDITIONS

- Breastfeeding pillow
- Home pillow
- Home blanket
- Sleeping mask
- Ear plugs
- Cute baby clothes
- Cute baby blanket
- Nursing cover (if you prefer)



Hospital Typically Provides:

PERINEAL CARE

- Postpartum underwear
- Large sanitary pads
- Witch Hazel pads
- Dermaplast spray
- Pericare bottle
- Ice packs

FOR BABY

- Onesies
- Blanket
- Hats
- Diapers
- Wipes
- Diaper cream
- Bulb Syringe
- Pacifier
- Formula (as needed)

BREAST CARE

- Breastpump (may be limited variety phlange sizes)
- Nipple ointment
- Breast pads

LABOR ITEMS

- Birthing balls
- Water pitcher/cup
- Aromatherapy

CLOTHES

- Hospital Gowns
- Non-skid socks
- Large disposable underwear

OTHERS

- Basic Toiletries
- Wound care items (post c-section)
- Abdominal binder

