

# Hospital Bag Packing List

What a wild adventure you are packing for. It is impossible not to over or under pack for this special occasion. But I hope this list will help you have peace of mind that you will have all of the essentials. This list comes from me seeing what mom's brought when I was a labor and delivery nurse, and also what was important for me when I had sweet baby Dean. I wish you all the best. Remember you are so strong and you will do an amazing job. You got this mama!

## Mom

Labor Gown  
Pajamas  
Robe  
Nursing bra  
Going home clothes (loose fitting)  
Slippers  
Nursing pads  
Socks  
Depends/ adult diapers (trust me)  
Dry shampoo  
Makeup  
Hair ties & bobby pins, hairbrush  
Blow dryer & straightener  
Toothbrush/ Toothpaste  
Lotion, shampoo, body wash, deodorant  
Contacts/ glasses  
Chapstick  
Phone & Charger with long cable  
Cup for water  
Snacks  
Labor playlist/ blue tooth speaker  
Pillow & blanket

## Baby

Car seat  
Install car seat base in car ahead of time  
Car seat cover  
Sound Machine  
Diaper bag (a few diapers, wipes)  
Coming home outfit & 3 other outfits  
Pacifier  
Sleep sack  
Welcome sign  
Matching swaddle set & hat  
Nail clippers  
Lotion/ body wash  
Hat/ hair bows  
Hair brush  
Cozy blanket  
Breast pump & parts  
Mittens  
Burp cloths

## Dad

Phone  
Charger  
Earbuds  
Toothbrush & Toothpaste  
Pillow & Blanket  
Extra change of clothes  
sweatshirt  
Deodorant, shampoo, body wash  
Snacks  
Contacts/ glasses  
Socks