

HOSPITAL BAG CHECKLIST:

FOR YOU (AND HUBBY):

- Pen and paper** (for taking notes) or your smart phone
- Several copies of your birth plan**
- Your health insurance information and card**, if you are using one
- A folder or envelope** to keep all your files and bills
- Stopwatch** to time contractions (a phone will do)
- Massage oils or lotions**
- Your favorite pillow**
- A clip or hair tie** to keep your hair out of your face
- Candy, lollipops, or ice chips.** Something to suck on to keep your mouth from getting dry. Some hospitals won't let you suck on candy, but you can ask. I was allowed to suck on ice chips.
- Lipgloss** to keep your lips moisturized
- A tennis ball or back massager.** I brought one but never needed it. Edric would rub my back instead.
- Snacks for your husband.** Sometimes labor can take a long time and husbands get hungry. You may not be allowed to eat if you are going to be given anesthesia but your husband needs to.
- A book to read, music, magazines, laptop** or anything to keep you distracted if your labor drags on.
- Camera or video camera** or one that has both integrated into it and an extra memory card. Nurses make such good photographers. They know which angles to take.
- A baby book** in case you are obsessive compulsive about recording everything right away. I use www.smilebox.com
- Toiletries** -- Toothbrush, toothpaste, and mouthwash, facial wash, moisturizer, shampoo, conditioner, and soap. (Some women don't take a shower right away because of cultural traditions or because they've had a C-section, but I take a shower as soon as I get into my hospital room because I stink and I feel icky.)
- Hairbrush, comb, and make-up.** Of course, you don't want to look horrible in your first photos as a mom. Make motherhood look fabulous and put on a little blush and lip gloss, at the very least.
- Extra absorbent maxi-pads.** The hospital will provide some but it's cheaper to bring your own. The hospital charges for everything. You will keep bleeding for several weeks after you give birth. So you will definitely need maternity pads on hand.
- Snacks after delivery.** Women usually give birth at night or early morning so you might not want to bank on concessionaires being open

at weird hours.

- Extra underwear** suitable for wearing with maxi-pads
- A nursing bra or two and breast pads.** (My milk doesn't come in till about 3 or 4 days after I give birth. You may be the same way so don't worry. Just keep breastfeeding and it will stimulate milk production. Your baby's tummy is the size of a quail egg.)
- Nightgown or pj's, socks, and slippers**
- A sweater** in case you get cold
- A robe** to wear over your hospital gown
- A towel**
- A comfy outfit** to wear going home. After you give birth, your stomach still looks like it holds a 4 month or 6 month old baby. Don't be shocked, just be prepared to wear something that is still loose around the tummy so you are comfortable.
- Clothes for your husband, a pillow, blanket, towel, and toiletries.**

FOR BABY:

- Newborn sized diapers**
- Booties/Socks**
- Receiving blankets** to swaddle your baby. I used the brand SwaddleMe.
- A towel.** Your baby gets their first bath at the hospital, usually in your room.
- 100% cotton onesies,** pre-washed with a gentle detergent that won't irritate baby's skin.
- Mittens.** Newborns have long fingernails and then can scratch themselves
- Going home outfit**
- Hat.** Babies lose most of their body heat through their heads.
- Infant car seat**
- Wipes** for sensitive skin