

Hospital Bag Packing List

For Baby

- Thick Blanket
- Swaddle Blanket
- (2) outfits
- (2) socks
- pacifier [optional]
- baby toiletries [optional]

For Mama

- robe
- (2) nursing tanks
- (2) nursing bras
- (2) pajama pants/ sweats
- going home outfit: loose fitting top and bottom
- socks with grips
- Depends disposable underwear
- bag for dirty clothes
- shower cap
- contacts + glasses
- lotion
- deodorant
- soap
- mouthwash
- toothpaste
- toothbrush
- hair brush
- hair ties
- hair straightener/ blow dryer [optional]

- face wash
- chapstick
- minimal makeup kit
- snacks!

For Dad

- SNACKS!
- (2) underwear
- (2) undershirts
- (2) shorts or sweats
- (2) tees
- (2) socks
- toothbrush
- toothpaste
- blanket
- pillow
- iPad

Misc.

- cellphone
- camera
- SD Card
- iPad
- notepad + paper
- book
- phone charger
- Camera Charger
- guestbook for visitors (optional)