

What to Pack for the Hospital

For Mom

Robe
Nursing PJs/Gown
Nursing Bra/Tank
Nursing Pads
Organic Coconut Oil (nipple cream)
Nursing Cover
Boppy or other nursing pillow
Warm Non-Skid Socks
Hi Waisted Panties
Depends or Overnight Pads
Make-up Bag
Hair Brush & Hair Ties
Toothbrush & Paste
Shampoo & Conditioner
Body Wash
Lotion
Deodorant
Lip Balm
Mom's Wallet

For Siblings

New Baby Gift
Snacks
Drinks
iPad/Chargers
Earbuds/Headphones

For Dad

Survival Kit
Water bottles, sports drinks,
candy, trail mix, protein bars
Change
Comfy Sweats/Shorts
T-Shirt
Socks
Blanket
Pillow
Deodorant

For Baby/In the Diaper Bag

Car Seat (you cannot leave without one)
Burp cloths
Picture/Going Home Outfit
Pacifier
Onesie/Footie or 2
Mittens or Nail File
Beanie Hat
Diapers
Wipes
Diaper Cream
Swaddle Blanket

Don't Forget!

Camera/Phone
Chargers