

Mom's hospital

bag checklist

Things you'll need and/or want for labor + your stay in general:

- Photo ID
- Insurance card/information
- List of current medications + dosages
- Birth preferences list
- Cell phone + charger/tablet + charger
- Headphones or portable speaker
- White noise machine if you use one
- Books + mags
- Comfy slippers or no-skid socks
- Lip balm
- Hairbrush + headband or hair ties
- Some fav snacks, candies + drinks
- Birth ball
- Eye mask
- Your fav pillow
- Positive affirmation cards
- Heating pad
- Loose shirt or nightgown to labor in
- Makeup + hair products, if you use them
- Comfy going home outfit (remember, your bump will most likely still be hanging around) + shoes
- Camera + charger if you plan on taking non-phone photos yourself
- Toothbrush, toothpaste + floss
- Deodorant
- Face wash or wipes + moisturizer
- Shampoo + conditioner
- Body wash/soap + lotion
- Contact lenses, case + solution
- Eyeglasses in case you have a C-section
- Towel + hair wrap, if you use one
- Big, refillable water bottle with a straw

P.S. Wondering how long you should plan to be in the hospital? If you have a vaginal birth, you can plan on spending one to two days in the hospital – three to four if you deliver via C-section. It's always a good idea to pack a few extras of each essential item, just in case.

*flip for postpartum
pack list* 

Things you'll need and/or want postpartum:

The hospital should provide you with things like a peri bottle, over-the-counter pain meds, stool softeners, and heavy-duty maternity pads, but there are still some things you'll need to bring to make postpartum care and recovery more comfortable.

- Nursing pads
- Breast pads + nipple shields
- Nursing pillow
- Breast pump
- Nipple cream
- Postpartum spray to help your nethers heal
- Front-opening PJs for nursing
- Comfortable postpartum undies
- Soft heavy-duty maternity pads that will keep you more comfortable than those provided by the hospital



Notes + extras to remember:
