

What to Pack in Your Hospital Bag:

Mom:

- Nursing Bra/tank
- Sandals/slippers
- Robe/Nursing Gown
- Loose Pants
- Nursing tank
- High-waisted underwear
- Dry Shampoo
- Deodorant
- Chapstick
- Toothbrush/toothpaste
- Brush
- Nipple balm
- Shower essentials

Dad:

- 2-3 outfits
- Shower essentials
- Snacks

Baby:

- 2-3 outfits
- 2 swaddles
- Sleep sack
- Socks
- Burp clothes
- Mittens
- Beanie/Hat
- Pacifier
- Going Home Outfit

Other:

- Phone Charger
- ID/Wallet
- Carseat
- Nursing Pillow
- _____
- _____
- _____