

Put the following items into the hospital bag:

- o Health Card
- o Credit Card/ wallet
- o Change for vending machines
- o Cell phones
- o 2 Cell phone & phone chargers
- o 2 Pillows with dark pillowcases (one for each of us)
- o D's hairbrush
- o Change of clothes for DH, including sneakers and flip flops
- o DH's swim trunks
- o Fresh Fruit/Snacks
- o iPad
- o Music Player
- o Hair dryer &* Straightener
- o Lists & Book
- o Thank you gifts for staff

FOR MOM

- o 7 Always Overnight pads
- o 7 Depends extra absorbency
- o Toiletries: Lip Balm, hair elastics, hair brush, shampoo, face cleanser, face moisturizer, deo, bar of soap, lotion, 'roid cream, toothpaste, 2 new toothbrushes, DH eye cream, DH cleanser, DH moisturizer
- o Clothes: Light sweater with wrap/front closure
- o 1 nursing tank top
- o 2 pairs socks including one with no-skid bottoms
- o old Tshirt, pants
- o 3 pairs comfy cotton panties
- o 6 pairs mesh panties
- o 2 nursing bra's without underwire
- o front-opening night shirt or PJs, "loose" nursing shirt
- o Swimsuit Slippers
- o Towel
- o Robe
- o outfit to go home in (I chose long jersey cotton dress from Old Navy in a dark color)
- o Breast pads for lactation
- o Sneakers/ Comfortable shoes
- o Oil for massage & Machine for massage
- o Heating bags
- o Paper (Journal) and pen
- o Reusable Bottle for water
- o Magazines
- o Photos & Tape
- o 20.00 for hospital bag

FOR DAD

- o Birth Plan* DH is in charge of this on the big day List of Contacts*
- o Change of clothes
- o PJ's or "sweats"
- o Sneakers Flip Flop/slippers
- o Camera
- o Gatorade/Vitamin Water Coconut Water Snacks- dried fruit, nuts, protein bars iPad
- o Zip Lock for baby Hat
- o Reusable cup

FOR BABY

- o Car Seat
- o 7 newborn and 7 size 1 diapers
- o Baby Wipes
- o fragrance free Baby Blanket
- o 2 pairs baby socks
- o smallest baby hat I have
- o Burp cloth Bib
- o 2 swaddling blankets 1
- o swaddling sleep sack in NB size
- o 1 0-3 month PJ
- o Going home outfit could be: NB size shirt and pants 0-3 kimono (front opening) shirt and pants Note: I read that having a separate shirt/pant is better when the baby still has the umbilical cord as their tummy can be sensitive.