



What to Pack in Your **Hospital Bag** *For the delivery room and postpartum*

- Comfortable Clothes: Bring a robe to wear over your hospital gown and socks.
- Toiletries: Hair products, lotion, soaps, lip balm & make-up.
- Electronics: Phone, chargers, iPad, music. (Chargers are a big one & batteries run out right when you need them).
- Breast Pump: The hospital gives the option to rent a breast pump, but you may be more comfortable with your own.
- Nursing Pillow: Some moms will bring a nursing pillow from home, but you will have plenty of pillows if you choose to leave it at home.
- Nursing Bras
- Maternity Underwear: If you don't want the disposable ones provided by the hospital, bring some comfortable underwear.
- Massaging Tools/Oils: If you are planning on natural delivery, bring supplies like massaging tools and essential oils to help you relax.
- Entertainment: If you are planning on an epidural, then you may consider bringing something to keep you entertained (movies, books, magazines).

For the Bundle of Joy

- Baby Clothes: Plan for a couple of days at the hospital and have an outfit in mind for photos.
- Baby Essentials: Blankets, burp cloths and baby wipes.
- Car Seat: Even though you don't necessarily pack a car seat, it something to prepare for when you leave the hospital.