

## Packing your hospital bag? What to take...

### What to pack for labor:

- A picture ID, insurance card
- Hospital paperwork
- Your birth plan, if you have one
- Eyeglasses, if you wear them
- Bathrobe, nightgown, or two
- Slippers & socks
- Hairband
- Pillows
- Lip Balm
- Whatever will help you relax
- Something to read or watch
- Toiletries
- Music to listen to

### What to pack for after you deliver:

- Nightgown, if you prefer to wear your own
- Cell phone & charger
- Snacks
- Toiletries
- Nursing bras or regular bras
- Nursing pads
- Maternity underpants
- Gifts for older siblings
- Going home outfit
- Towels, Hairbrush, toothbrush & toothpaste

### What to pack for your partner/labor coach:

- Camera, or video camera, batteries, charger
- Change of clothes, toothbrush, & deodorant
- Comfortable shoes
- Snacks & drinks
- Something to read or watch
- Money/change (or credit card)

### Essentials to pack for your baby:

- Installed car seat
- Going-home outfit
- Receiving blanket

### Add your own items...

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