



What to Pack for the Hospital

There are a few things to have on hand that can make your labor and hospital or birth center stay easier. This list is not comprehensive by any means, and it's also possible that there are things on this list that you wouldn't want to pack, but it's a good place to start. It's a great idea to have your bags packed, or at least mostly ready to just throw in a couple of last minute things 2-3 weeks ahead of your due date.

For you during labor

You can use this like a checklist so you can be sure you've got everything you need.

Something to wear during labor		Something to do to pass the time	
Glasses		Lotion and lip balm	
Cell phone and chargers with extra long cords		Snacks - nutritious choices. This is your fuel!	
Drinks - try adding electrolyte tablets or drops to your water.		Battery powered candles or night light	
Your birth plan		Pillows/blankets	
Water bottle with straw		Slippers or skid proof socks	
Heat/cold packs or a rice sock		Massage tools	
Music and speaker		Plastic sandals or shower shoes	
Something to hold hair back		Big soft towels for showers	
Mints or gum for partner's breath		Scarf/Rebozo	
Garden Kneeling Cushion		Aromatherapy/Essential Oils	

For you after labor

Extra bag to take more stuff home		Your usual toiletries and cosmetics	
Sleep nursing bra		Robe	
Nursing pajamas or gown		Eye mask	
Something to wear home		Ear plugs	
Your meds		Baby book and journal	
Gel nipple pads		Peri-bottle	
Postpartum Recovery Underwear		Belly band	

For Baby

Car Seat	
Blankets/swaddles - A nurse might help you learn to swaddle.	
Clothes to wear home - Check the weather!	
Hat & socks	
Burp cloths	
Nursing pillow	
Nail clippers - A nurse might teach you how to use them.	