

Hospital Packing Checklist

For Mom:

Comfort items

1. Pillow (your own pillow)
 - Heating pad
 - Cooler filled with post-partum healing pads
 - Fill cooler with some food that will keep for a few days (granola bars, fruit, water...etc)

Clothing:

- 1 Robe
- 2-3 pairs Leggings
- 3-4 Loose, v-neck tees
- 2-3 pairs comfortable pajamas (low-cut, button-up, v-neck preferred)
- Piko top/Button up top to wear home (cotton)
- 1 pair slippers you won't mind throwing away when you get home.
- 2-3 nursing/sports bras
- 6-8 washable/disposable breast pads

Cosmetics/Toiletries

- Make-up remover wipes
- Night cream/face lotion
- BB Cream or Primer
- Body pouf (believe me, you'll want a pouf and not the washcloth)
- Razor
- Travel-sized shampoo, conditioner, body-wash, lotion
- Toothbrush/toothpaste
- Invigorating face wash (to wake up for visitors)
- Chapstick
- Large tube of lanolin
- Hair ties/brush/hair dryer
- Dry shampoo

Entertainment

- Tablet/Ipad with charger (loaded with a few movies/books)
- Baby book (you'll have a few minutes in the hospital to write down things you remember about delivery...and trust me, you won't want to forget anything!)
- Phone with charger
- Camera (if you have a nice one...we just used our phones)
- Special gifts for siblings/family

For baby:

Essentials (Really essential)

- Car seat
- Diaper bag

Comfort Items

- Boppy pillow
- SwaddleMe Swaddles (hospital swaddles are awesome, but they didn't let us keep the blankets)
- White noise machine (helps babies get used to REM sleep, if you're planning on having baby sleep in the room with you)

Clothing

- 6-8 Onesies/pajamas (zippered PJs are easiest for diaper changes)
- 2-3 special hats/outfits for hospital photos/going home photos
- Depending on season, outerwear/warm car-seat swaddle for going home
- Socks (though your little one's feet will be toasty as they're swaddled 100% of their time in the hospital)