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## **What to pack in your hospital bag for delivery**

### **General Items**

- Your Birth plan (if you have one—make multiple copies).
- Your insurance card and driver's license.
- Your phone and phone charger.
- Your favorite pillow and throw blanket.
- Hair clips or hair ties to keep your hair out of your face.
- Diversions for a long labor: books, music, puzzles, magazines, a deck of cards, laptop, handheld electronic games, etc.
- A camera, if you have one –even if you don't want to capture your labor and delivery experience, you'll definitely want to capture your first family portrait.
- Your cord blood banking kit if you are banking your baby's cord blood.
- Massage oils or lotions (if you have any you really want) with you and a tennis ball or plastic rolling pin (both make excellent back rub tools) or an actual massager if you can fit it and want to bring it.
- A small basket of goodies for the staff to give along with your birth plan if you'd like.

### **Personal Items**

- Toothbrush, toothpaste, and mouthwash.
- Hairbrush.
- Extra-absorbent maxi pads (the hospital will provide you some, but you might want to use the brand you are most comfortable with).
- Snacks for yourself after delivery—don't count on the hospital to provide them in the middle of the night.
- Shampoo, conditioner, face wash, soap or shower gel, makeup and whatever else it takes to make you feel human again after delivery (the hospital often provides these, but if you have your favorites, you can bring them).

### **Clothing for you and your baby**

- Extra pairs of underwear suitable for wearing with maxi pads and a nursing bra.
- Nursing nightgown or PJs, socks, and slippers.
- Comfortable outfit to head home in (remember you'll still look 6 months pregnant, so plan accordingly).
- Going-home outfit for baby (don't forget a hat, socks or booties, and a swaddle blanket, plus extra layers if it's cold). Also, bring an outfit for first photos by photographers provided by the hospital (if this is an option at the hospital at the time).
- The hospital will provide you with a swaddle blankets, a sleep sack, diapers, wipes, pacifiers, and formula (if you choose to formula feed).