

What to pack in your hospital bag

For mom:

Picture ID

Insurance card

Toiletries (travel sizes of toothbrush, toothpaste, deodorant, hair brush/ comb, makeup, soap, shampoo and lotion)

Lip balm

Ponytail holder or headband

Hair dryer

Night gown and robe (may get soiled)

Nursing bras and nursing pads

Maternity underwear

Non-skid socks

Flip flops or slippers

Pillow

Light reading material

Camera/ video camera

Cell phone and charger

Notepad or journal and pen

For support person:

Snacks

Flip flops

Sleeping bag/ comforter and change of clothes, pajamas, toiletries

For baby:

Car seat

Going home outfit

seasonally appropriate outerwear (warm clothing and hat in winter)

mittens and socks