



What To Pack For The Hospital?

For Mom:

- Slippers
- Dressing Gown, Nightgown, pajamas, or feeding gown
- Socks
- Toiletries (Don't forget: hairband/ hairbrush, contact lenses solution, toothbrush/toothpaste, deodorant)
- Towel
- Lip Balm
- Pain relief for partner (Tylenol, Motrin, etc.)
- Tennis ball or some type of massager
- Phone, camera, or camcorder
- Phone Charger
- Music to listen to
- Something to read (baby book of names if you haven't decided yet) or watch
- Snacks
- Your favorite pillow
- Focal point (if you have one)
- Breast feeding pillow
- Going-home outfit

(These are only suggestions)

For Baby:

- Infant car seat (**MUST** have on day of discharge)
- One outfit for 1st trip home (all-in-one stretchy outfit)
- Baby blanket
- Hat
- Booties or socks

What not to bring:

- Diapers
- Baby wipes
- Peri pads
- Underwear
- Clothes for baby (except to go home in and baby pictures)