

# Hospital Packing Checklist for Labor

- 2 nursing bras (if nursing)
- nursing pads (rather you intend to nurse or not!)
- 1 package of maxi pads with wings
- 3-4 pairs of cotton undies
- maternity clothes to wear home (you'll still be swollen)
- 2 pairs of socks
- slippers
- toothbrush & toothpaste
- facial cleansers and special soaps
- hair brush, blow dryer, curling iron
- make up and lip balm
- picture of spouse and any other children
- daddy snacks (non-perishable)
- film & camera
- portable cd player with headphones  
(don't use headphones when baby is in the room)
- magazine or book (bring one for your spouse)
- bottle of non-alcoholic champagne
- personal address book with phone numbers (plus quarters for pay phone)

## **Baby Bag**

- going home outfit for you and baby
- sweater or snowsuit (depending on season)
- baby cap or hat
- booties or socks
- mittens to keep baby from scratching face
- few diapers
- gentle baby wipes
- Make sure you have car seat in place prior to going to the hospital

\* Tip, ask those who want to send gifts, flowers, balloons to wait until you arrive home. This way you are not trying to load the car with all these extras and can enjoy these items at home for a longer period of time.