

what to bring to the

# Hospital



for the  
*Mama*



- Picture ID & Insurance Card
- Duffel Bag (to put everything in)
- Toiletry/Cosmetics Bag
- Nursing Pajamas/Bra
- Going Home Outfit
- Nipple Balm
- Slippers
- Flip-flops
- Post Partum Underwear
- Nursing Pads
- Bath Towel
- Camera
- Cell Phone & Charger
- Snacks

*Not 100% necessary but I do suggest:*

- Extension Cord
- Robe
- Pillow
- Ceramic Coffee Tumbler



for the  
*Baby*



- Car Seat
- Going Home outfit
- Pacifier
- Baby hat/swaddle (only if you want to, not 100% necessary)

for the  
*Significant Other*



- Change of clothes x 2
- Toiletries
- Flip-flops
- Snacks

