

# Hospital Bag Packing List

## Labor and Delivery

### TOILETRIES

- Menstrual pads
- Shampoo, conditioner, soap
- Hairbrush, hair ties
- Lip balm
- Toothpaste, toothbrush
- Face wipes
- Breast pads
- Nipple cream
- Contact supplies, glasses

### CLOTHING

- Dirty laundry bag
- Slippers, socks
- Robe, nightgown, pajamas
- Disposable underwear
- Comfortable clothes (maternity wear)
- Going home outfit
- Nursing tank top/bra

### OTHER

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### BABY

- Newborn diapers, wipes
- Onesies, gowns
- Footed pajamas, socks
- Going home outfit
- Hats, mittens
- Baby book
- Intact care crib cards
- Do not retract ankle bands
- Boppy
- Infant car seat
- Blanket

### MISCELLANEOUS

- Birth plan
- Pillow
- Towel
- Snacks, drinks, hard candy
- Music player
- Magazines
- Cash, change, credit card
- Phone, phone charger
- Tennis balls, yoga ball
- Belly binder
- Camera
- Breastpump

*Many of these items may be provided by your birthing location.*