
packing a hospital bag

Get your bag ready! Place it by the door or in the trunk of your car, so it's easy to grab when it's go time.

FOR THE BIRTH

- Pairs of comfy, nonskid socks that can get ruined (you will wear these as you walk the hall in labor)
- Headband or ponytail holders
- Music for the delivery room (iPod and speaker)
- Insurance info, hospital forms, and birth plan (if you have one)
- Sugar-free hard candy or lozenges to keep your mouth moist during labor (candy with sugar will make you thirsty)
- Light reading (think celeb magazines)

FOR THE HOSPITAL STAY

- Pajamas (button front for easy boob access)
- A cozy robe or cardigan
- 2 maternity bras and nursing pads
- Lip balm (hospitals are very dry)
- Toiletries (like toothbrush, toothpaste, and deodorant)
- Sanitary napkins. The hospital will give you some, but you may prefer your own.
- Maternity underwear that can get ruined. While you will be given some disposable pairs, some women think they are gross.

- Pen and paper (to take notes from the pediatrician's visit, to fill out the birth certificate forms, to journal—you name it!)
- Camera (if you use one!) and an extra memory card, battery, or charger
- Change for any vending machines, and non-perishable snacks (you will most likely be hungry after labor, and the hospital cafeteria may be closed if it is late at night)
- Cell phone and charger and list of people to call after birth (if their numbers are not already programmed into your phone!)

FOR GOING HOME

- Going-home clothes in 6-month maternity size, and flat shoes
- Going-home outfit for baby (simple, cotton front-snap footed pajamas and a hat)
- Cozy blankets (for the ride home)
- Diaper bag with newborn diapers and a burp cloth, in case baby spits up in the car
- Car seat (okay, it won't be in your bag, but you need one to bring baby home)