



What to pack in your new baby hospital bag

Labor and delivery

- Loose-fitting clothes for early labor
- Slippers/flip flops
- Comfortable shoes
- Robe
- Lotion
- Massage tools
- Lip balm
- Playlists
- CDs
- DVDs
- Phone charger
- Journal
- Flameless candles
- Portable speaker for the bathroom
- Focal point (photo, stuffed animal, laptop with picture slide show – be creative!)
- Birth plan
- Pillow for mom and partner
- Change of clothes for partner
- Snacks for partner
- Glasses or contacts

After baby's arrival

- Nursing pajamas
- Comfortable, loose-fitting clothing
- Toiletries
- Breastfeeding pillow
- Car seat
- Going-home outfit for baby
- Sleep nursing bra and nursing pads

We provide

- Post-baby undies
- Large pads
- Peri bottle
- Diapers, wipes, kimono shirts and swaddling blankets for your hospital stay
- Nasal aspirator
- Bathtub with sling – you take this home
- Scalp brush
- In-room hair dryer