

# HOSPITAL BAG

## *packing list*

### FOR MAMA

- 2-3 PJs or Lounge Sets
- 2-3 Nursing Bras/Tanks
- Warm Socks with Grip
- Cozy Robe
- Flip Flops for Shower
- Slippers or Moccasins
- Toiletries / Makeup
- Lip Balm
- Hair Ties
- Toothbrush
- Nipple Cream

### FOR PARTNER

- Pillow
- Blanket
- Slippers
- Socks
- 2-3 Comfortable Lounging Outfits
- Toiletries
- Long Phone Charger
- Headphones

### FOR BABY

- 2 Swaddles
- 1-2 Hats
- Mittens
- 1-2 Pacifiers
- Zip Onesie or Gown (NB size)
- Going Home Outfit
- Carseat + Base
- Any Personalized Items for Photos
- Soft Blanket

### EXTRAS

- Favorite Snacks
- Sleeping Mask
- Earplugs
- Water Bottle w/ Straw
- Pillow
- Cozy Blanket
- Aromatherapy

