

# Hospital Packing List For Bringing Home Your Baby

- \_\_\_\_\_ **Large trash bag and a beach towel** – Put this in your car on the passenger side for the drive to the hospital. Put the plastic bag on the seat, cover it with the towel in case your water bag breaks.
  
- \_\_\_\_\_ **Car Seat:** Be sure you've already installed it, tightened it and made sure it's stable before you go to the hospital in labor. If you need help installing it or can't afford one, DO ask at the hospital's admitting department for assistance.
  
- \_\_\_\_\_ **Baby Clothes:**
  - 2-3 Baby T-shirts with a snap bottom
  - 2 sets of going home outfits, in case there's an accident
  - 1 sweater, 1 hat, 1 blanket
  
- \_\_\_\_\_ **Comfortable attractive maternity clothes** – Your tummy needs more time to shrink back down to your old size so find Pants or sweats, You'll be taking lots of photos so pack a nice top that you'll feel good in.
  
- \_\_\_\_\_ **Nursing Bras and pads** – Bring 2, plus 2-3 pairs of underwear that will hold a pad.
  
- \_\_\_\_\_ **Large maxi pads with wings** – A box of the largest overnight pads with wings or even adult pull up disposable diapers make your life a lot easier.
  
- \_\_\_\_\_ **Toiletries** – Ahhh, that first shower after giving birth is Amazing! And, once you get home, long leisurely showers are rare, so bring nice shampoo, conditioner, and body wash. Makeup, hair ties, brushes and a hair dryer will help you go home feeling your best.
  
- \_\_\_\_\_ **Personal wipes** – These are more soothing than what's available in the hospital.
  
- \_\_\_\_\_ **Cellphone and charger** – You know you're going to need this.
  
- \_\_\_\_\_ **An extra bag** – You'll be given a lot of free samples from the hospital.
  
- \_\_\_\_\_ **Preparation H** – Most moms need this and it's good to have it on hand.
  
- \_\_\_\_\_ **Snacks that you like** – For labor and afterwards. Nurture yourself with the foods you like.
  
- \_\_\_\_\_ **Big sister, big brother gift** – It's so much easier to pack it than to try to remember where you left it
  
- \_\_\_\_\_ **Flip-flops, socks, slippers** – Your feet may be swollen and/or cold. The hospital socks are not very comfortable.