

What to pack in your Hospital bag

- Comfy PJs and clothes, at least 3
- Nursing Bras/tanks & underwear
- Hard Candy, snacks and granola bars
- Slippers or flip flops
- Comfy going home outfit
- Toothbrush & toothpaste
- Shampoo/conditioner
- Face wash
- Lotion
- Deodorant
- Hair brush/dryer/ hair products
- Make up
- Phone & charger
- Camera & charger

Post natal care

- Nursing pads
- Nipple cream
- Maxi pads
- Tucks medicated pads
- Vaseline
- Powder

Don't forget to have your support person stay with you for the delivery and after care!



What to pack in your Hospital bag for Baby

- Outfits, at least 3
- Hat, mittens, socks
- Breast pump and storage bags
- Hand sanitizer
- Baby wipes & diapers
- Vaseline
- Receiving blanket
- Car seat installed

What to pack in your Hospital bag for Dad/Support Person

- Comfy clothes & pjs at least 2
- Blanket and Pillow
- Toiletries
- Camera
- Phone and charger

