

The HOSPITAL BAG

Items I'd Pack Again

WHAT I ACTUALLY USED AFTER

3 VERY DIFFERENT BIRTHS

For Me

CLOTHING AND COMFORT

- Loose comfortable clothes that double as sleepwear
- Nightshirt
- Robe
- Going home outfit
- Non-slip socks

NURSING AND RECOVERY

- Nursing bras or sports bras
- Breast pads
- Nipple cream
- Postpartum underwear or pads

TOILETRIES AND HYGIENE

- Toiletries
- Deodorant
- Dry shampoo
- Hair ties or scrunchies
- Lip balm

PRACTICAL ESSENTIALS

- Long phone charger (10 ft)
- Large water bottle
- Snacks
- IDs and insurance card
- Birth comb (*squeeze during contractions!*)

For Baby

CLOTHING

- Newborn outfit (*just in case!*)
- 0-3 month outfit (*just in case!*)
- Swaddle blanket
- Hat
- Baby mittens (*to prevent scratches!*)

DIAPERING

- Diapers (newborn and size 1)
- Wipes
- Diaper cream

FEEDING

- Burp cloths
- Pacifier (if using)

EXTRAS

- Receiving blanket
- Baby nail file
- Car seat
(*installed before you leave!*)

The simple things that
actually helped 