

WHAT TO PACK AT THE HOSPITAL *checklist*

FOR YOU MAMA TO BE:

Mesh undies: Use the ones the hospital gives you. You have paid for all of these. And use all of their pads. Take what is not used. Personally, I did not think it was necessary to buy one of those special postpartum kits that had everything the hospital had for you. That includes the peri bottle and ice maxi pads. Also, you may not have a vaginal birth so if you feel you need these items after birth, you can easily get them at Target, Walmart or Amazon. However, have some of these items at your house for when you run out of the hospital ones like the mesh undies and the heavy flow pads. Your first period is normally pretty heavy, so keeping these heavy flow pads handy is ideal for that as well. My first period after my c-section was heavy for three weeks. Wear organic pads when possible to reduce any chemicals or toxins near your vagina

Bring a C section recovery band with you just in case. If you do not have a c-section make sure you can return it. You will need extra support to hold everything in, and this really helps. You can also wait until you get home, but I wish I had brought this to the hospital with me, even for the walk to the car on the way home. No one told me that the baby will be kicking that area, which is very sensitive. Having a c section belt to cover and protect that area was so important.

Toilet paper: Yes, take your own toilet paper. Whether you had a vaginal birth or a c-section, the LAST thing you want is scratchy, paper thin toilet paper down there! I had my husband go home and get some from the house, and it is one of my top tips!

Bring water wipes or your preferred type of feminine wipes. You really want to feel your freshest and confident before delivering birth. My preference was using the same water wipes I use on my baby.

Deodorant: Bring a natural deodorant that is fragrance free and non toxic

Toothpaste and stainless steel tongue scraper (I like Dr. Bronner's)

Hairbrush, hair ties and hair clips/hair dryer

Contacts/lens case/saline solution/eye drops/glasses with case

Lounge outfit to travel home	<input type="checkbox"/>
Flip flops to wear in the hospital shower. Crocs flip flops are great because you can wash and dry them quickly	<input type="checkbox"/>
Comfortable slippers to walk the halls after birth	<input type="checkbox"/>
Comfortable shoes to go home in. For sneakers, step-in sneakers are best (I had to get a wide foot size). Open toe slip on sandals are ideal as well- such as light weight Birkenstocks.	<input type="checkbox"/>
Bring a 10 foot phone cord. The hospital outlets are far from your hospital bed, so you will want them close by. I brought several.	<input type="checkbox"/>
Skincare: Don't worry about it at the hospital. You are so tired, your ten step routine can wait. Even as an Esthetician, I relaxed during this time. I brought my face wash, moisturizer, sunscreen for the ride home, and lip balm. That is all. I did not wear makeup and let my skin breathe.	<input type="checkbox"/>
Bring your own camera. Phone technology is great these days, but my pictures are so much clearer from my camera. This is one moment when you want the best pictures to capture the moments.	<input type="checkbox"/>
Colostrum kit	<input type="checkbox"/>

FOR BABY:

Baby blanket	<input type="checkbox"/>
First hospital picture outfit	<input type="checkbox"/>
Sign for bassinet for baby picture showing DOB, weight and height (Etsy has some really cute ones!)	<input type="checkbox"/>
Coming home outfit (dress according to season)	<input type="checkbox"/>
Car seat/stroller (having the DOONA stroller was so nice to stroll him out of the hospital!) I also liked the Nuna TRVL system as well.	<input type="checkbox"/>
Baby socks/mittens/hat	<input type="checkbox"/>
Pacifier for ride home	<input type="checkbox"/>

Shusher for ride home

Scrub the toilet

Ready to feed formula! Have this just in case you have challenges breastfeeding. Kendamil is the formula I used. They have a ready to feed formula perfect for the hospital and on the go (so no heating up the bottle)

FOR SPOUSE/PARTNER:

Crocs

Sleeping bag if desired/pillow (most hospital couches are not that comfortable and need more cushion and warmth)

Toothpaste/toothbrush/waterpik/hairbrush/deodorant

Soap/face wash/moisturizer

Pajamas

Daytime lounge outfit

Book/magazine

10 foot cord for phone

Sleeping mask

NUMBERS TO HAVE HANDY AT HOSPITAL

Relatives and Friends to notify of the baby's birth. Have your partner notify them if you are unable to

Doula if needed

Newborn photographer

Baby nurse if needed

Pediatrician

Lactation consultant