

## Hospital Packing List

- ☐ Birth plan (see “Birth Plan” free download)
- ☐ ID and insurance card

### Toiletries:

- ☐ Toothbrush, toothpaste and floss
- ☐ Chapstick
- ☐ Deodorant
- ☐ Shampoo & conditioner
- ☐ Soap or body wash
- ☐ Face soap
- ☐ Moisturizer
- ☐ Glasses/contacts

### Dad:

- ☐ Snacks
- ☐ Water bottle
- ☐ Phone/camera
- ☐ Charging cord
- ☐ List of who to update during labor/after birth
- ☐ Full tank of gas
- ☐ Pillow/blanket
- ☐ See toiletries (toothbrush)

### Mom:

- ☐ Snacks
- ☐ Water bottle
- ☐ Birthing gown/robe
- ☐ Swimsuit top or bra
- ☐ Comfortable clothes for after birth
- ☐ Slippers/comfy socks
- ☐ Hair ties

#### Nursing:

- ☐ Nipple cream or salve
- ☐ Nursing Bras
- ☐ Nursing pads

### Baby:

- ☐ Car seat
- ☐ Going home outfit
- ☐ Swaddling blanket
- ☐ Hat

*\*If you are delivering at home or in a birthing center, see the Postpartum Kit in the “Postpartum Plan” free download.*

