

Packing your *Hospital Bag*

Of course, you can pack the world when you expect to deliver in a hospital but many times, it is just too much. Here is a checklist of the essentials.

1 For Yourself

- Your ID and Insurance
- Birth Plan, if you have one
- Toiletries/makeup (don't forget a brush)
- Glasses and contacts, if you need them
- Hair band/tie
- Slippers or socks
- Chap stick
- Going home clothes, loose and comfy
- Nursing bra/top and nipple spray
- Maternity or disposable underwear

2 For Your Support

- Change of clothes
- Glasses or contacts
- List of people to call with news
- Change/cash/card for food
- Chargers
- Camera
- Baby book (for footprints)
- Snacks

3 For Your Baby

- Going home outfit
- Receiving blanket
- Installed car seat
- Socks
- Warm blanket/hat if delivering in cold
- Diaper bag to help take home all of the freebies

4 For Your New Babies Siblings

- Gift from baby
- Disposable camera
- Gift to baby