

# What to Pack for Your Hospital Stay

## FOR MAMA

- ☐ Your own pillow
- ☐ 2-3 sets of comfy clothes for the daytime
  - ☐ Loose pants/capris
  - ☐ T-shirts & loose tanks
- ☐ Daytime nursing bras
- ☐ Sleep bra
- ☐ Underwear & socks (ones that you don't care too much about)
- ☐ Slip-on shoes/slippers
- ☐ Flip flops for in the shower
- ☐ Snacks
- ☐ Gum/hard candy
- ☐ Water bottle
- ☐ Lip balm
- ☐ Outfit to go home in
- ☐ Copy of your birth plan

## ENTERTAINMENT/ELECTRONICS

- ☐ Phone & charger
- ☐ Camera & charger/extra batteries
- ☐ DVD's
- ☐ Music of your choice
- ☐ Book/magazine

## TOILETRIES

- ☐ Toothbrush/toothpaste/mouthwash
- ☐ Glasses & contacts – case & solution
- ☐ Deodorant
- ☐ Kleenex
- ☐ Moisturizer & lotion
- ☐ Face wash
- ☐ Make-up
- ☐ Razor
- ☐ Breastpads & nipple cream
- ☐ Hair care products
  - ☐ Brush
  - ☐ Elastic hair ties
  - ☐ Clips
  - ☐ Headband

## FOR THE BABY

- ☐ Infant car seat – (Install base in car prior to discharge)
- ☐ Baby bag for traveling home
- ☐ 1-2 baby blankets
- ☐ Outfit for baby's pictures
- ☐ Outfit for going home
- ☐ Boppy®/nursing pillow