



hospital packing list

MAMA

- robe
- nightie (something with a scoop neck or straps so it's easy to nurse baby)
- cozy sweatpants and top that's easy to nurse in (like a tank)
- warm layer like a cardi or zip hoodie
- going home outfit
- nursing bra(s)
- nursing coverup or oversized swaddling blanket (especially helpful if you have visitors)
- hair accessories (stretchy headband, hair ties + bobbi pins)
- extra undies (comfy hipsters a fave) + socks
- toiletries (toothpaste, toothbrush, soap, shampoo, conditioner, deoderant, pads)
- towel (hospital towels are so rough!)

BABY

- going home outfit
- extra onsie + leggings or onepiece
- socks
- hat
- blanket
- binkie
- carseat + base

OTHER

- healthy snacks
- magazines
- journal or notebook
- gum or mints
- waterbottle or tumbler



grab this!

(on our way out the door)

TECH

- phones
- ipad, tablet, laptop...
- camera (if you want something other than your phone)
- chargers + usb coards

MAMA

- favorite pillow (for post birth)
- favorite blanket or quilt (for post birth)
- *makeup bag
- purse

ALSO

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

** don't forget to ditch the jewelry before you leave for the hospital!*