

## **A Hospital Pack List**

This is by no means a comprehensive list, but it does cover the basics. These are all items that you're likely to want with you when you are in the hospital. In the case of the car seat, most facilities won't let you drive the baby home without one:

### **Personal Care:**

- Toiletries for both of you: toothbrush, glasses and contact care, hairbrush, mints, hair ties, lip balm
- Shower supplies

### **Food and Drink:**

- Snacks for partner and for mom (cheese sticks, crackers, energy bars, fruit).
- Anything you'd like to drink besides water and juice (e.g. Gatorade, Recharge, broth mixes)

### **Clothing:**

- For her: warm socks, robe, underwear, clothes to go home in (remember, she will still have a tummy).
- Shower shoes/flip-flops
- Baby: hat, outfit and blanket
- Partner: Clothes for your hospital stay

### **Comfort Supplies:**

- Birth ball
- Lotion
- Massage tools
- Heat pack
- Music player
- Focal Point

### **Misc.**

- Camera
- Car seat
- Copy of this book (!)
- Cell phones and chargers
- Books and magazines