

Hospital Bag Checklist

For Labor

- Birth plan
- High energy snacks
- Electrolytes/coconut water
- Fan
- Heating pad
- Birth comb
- Speaker for music
- Birth affirmations
- Diffuser and essential oils
- String lights or battery operated candles

For You

- Slippers and socks
- Nursing bra
- Comfy pajamas and robe
- Ear buds
- Pillow and blanket
- Sound machine
- Hair ties & lip balm
- Toiletries
- Phone and long charger
- Going home clothes
- Medications and vitamins

For Baby

- Car seat
- Going home clothes
- Blanket
- Birth announcement props
- Nursing pillow
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For Your Partner

- Snacks
- Toiletries
- Comfy clothes
- Sweatshirt or jacket
- Phone and long charger
- Pillow and blanket
- Cash for vending machines
- Books or magazines for down time

Postpartum

- Depends underwear
- Comfy high waisted underwear
- High protein snacks
- Silver nipple covers/nipple cream

Other

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