**HOSPITAL BAG LISTS**

Highlighted= most time sensitive. The rest can wait in the car until you’re comfortable in your Labor and Delivery room.

Dad’s Toiletries, bathing suite, change of clothes, bathing suite, zip-up sweater (for skin to skin if need be)

Food and water with electrolytes: smart water or cocoanut water

Dad’s Blanket and pillow, and anything else that will help sleep in a chair!

Phone and CHARGER

Copy of the Birth Plan, read over it before we head to the hospital so you can remember what you may need to speak up for.

Music and a way to play it that doesn’t require wifi. You need a playlist and avoid song with a fast pace or lots of words.

Thank you card and/or gifts/food for nurses

Notebook and pen to track feedings and diapers (or use an app)

Depending on your level of modesty, whatever you want to wear in labor, including in the shower. Remember the need of quick skin to skin.

Essential Oils, diffuser, battery operated candles

Few outfits for baby, one photo worthy

Baby nail file

Installed infant car seat- just the base

(put the rest of the car seat in the trunk, mom needs to ride in the back to be comfy, put a pillow over the base and remember the eye mask and headphones)

Gift for older sibling(s)

Hospital provides diapers and wipes, but bring a few just in case

Organic Soap for baby just in case a bath is in order (some babies poop ALL over themselves)

WALLET (with ID & Insurance Card) – have it READY on arrival.

TOILETRIES toothbrush, tooth paste, face wash, lotion, deodorant, shampoo/conditioner, brush

Bathing suite

Comfy NURSING pajamas

Sanitary Pads with witch hazel – put in fridge

Nipple Cream- your own breastmilk is best, coconut oil is great too.

Slippers/socks with grips on the bottom

Comfy clothes to go home in, imagine yourself about 5-6months pregnant

Phone and CHARGER

Something to keep your hair out of your face