

Hospital Packing Checklist

Several items on the packing checklist probably can't be packed weeks ahead of time (e.g. eyeglasses). Put together your own checklist of things to grab at the last minute, and get them together when labor starts.

For Mom

- Toiletries
 - Soap
 - Shampoo
 - Deodorant
 - Toothbrush
 - Toothpaste
 - Razor
 - Face Wash
 - Make-Up Kit
 - Hairbrush
 - Hair Dryer
 - Styling Irons (Curling / Flat)
 - Hair Product
- Eye Care (if needed)
 - Eyeglasses
 - Contact Lens Cleaner
 - Contact Lens Case
 - Saline
- Slippers / Heavy Socks
- Clothes
 - Comfy pants (yoga- / sweat- / etc)
 - Comfy tops
 - Nursing bras
 - Nursing tank tops
 - Breast pads (to absorb milk drips)
 - Outfit to wear home (probably maternity clothes)
- Pajamas suitable for wearing in public
- Special pillow, stuffed animal, etc

For Dad

- Toiletries
 - Soap
 - Shampoo
 - Deodorant
 - Toothbrush
 - Toothpaste

Field Guide to Being an Awesome Birth Partner:
The Essential Things You Need to Know to Support the Woman You Love through Birthing a Baby

- Shaving Supplies
- Comb
- Hair Product
- Eye Care (if needed)
 - Eyeglasses
 - Contact Lens Cleaner
 - Contact Lens Case
 - Saline
- Change of Clothes
 - Underwear
 - Socks
 - Pants
 - Shirt x2
- Pajamas suitable for wearing in public

For Baby

- (optional – Hospital will provide) Sleepers x2
- (optional – Hospital will provide) Hat
- Socks x2 (depends on whether sleepers have footies)
- Blanket
- Nursing pillow (e.g. Boppy)
- Picture outfit (optional, baby will be cute in any outfit)
- Going-home outfit
- Car Seat (base in car; baby carrier comes into the hospital)

Other

- Camera
- Extra set of camera batteries
- Cell phone(s)
- Cell phone charger(s)
- Laptop(s)
- Checkbook
- Cash for vending machines
- Birth Plan
- Comfort Techniques Booklets/Cheat Sheets
- Hospital birthing class notes
- Insurance card
- List of people to call