

Hospital Bag Essentials

Mama

Pjs, Robe, Slippers

Toiletries

Nipple cream

Identification & Insurance Card

Phone & Phone Charger

Glasses/contacts

Sleep mask/Ear plugs

Medication

Ipad, Laptop, Distractions

Money, Debit Card

Going home outfit/Makeup

BABY

Carseat

Pacifier

Hats and Socks

Burp Clothes

Swaddle blanket, Nursing Pillow

Diapers, Baby wipes, Bottle

Going home Outfit

SUPPORT PERSON

Toiletries

Plenty of Snacks

Head phones and Charger

Socks, Light Blanket, Jacket, Pillow

Word puzzle, Games, Distractions

