

Packing YOUR HOSPITAL BAG



Snacks



Camera



Electronic chargers (don't forget all the chargers for all your separate electronics)



Ambient Lighting (small table lamp or white string lights)



Tabletop Fan



Bluetooth Speaker



Pillow/Blanket/Towel (hospital provides towels but they may be tiny!)



2-3 bras/bikini tops for labor



2-3 bottoms (skirts, yoga pants) for labor



Bathrobe



2-3 Nursing bras



Socks/slippers



Nipple Cream



3-4 Outfits for Baby



2-3 Changes of clothing for dad



2-3 changes of clothes for mom, postbirth (COMFY!! Yoga pants, large t-shirts, or sleep shirts)



Hygienic items--deodorant, toothbrush/toothpaste, shampoo, conditioner, soap



Depends (hospital provides mesh undies and pads but Depends are AWESOME!)



Chapstick



Hairbrush/Hairbands



Soap for baby if you intend to give baby a bath

