

Can you believe it, it's actually time to start preparing for the arrival of your little one (or ones)! You may have been busy over the past weeks picking out colors and toys for the nursery, but don't forget to pack your hospital bag ahead of time. It may even help to ease your stress about the big day! Below you will find a checklist of some items you may find useful during your stay at the hospital.



- Your Birth Plan
- Insurance Card and any hospital paperwork you might need
- Eyeglasses (*Even if you wear contacts, most mothers find their glasses come in handy*)
- Hair Bands or Ties
- Lip Balm
- Clothes for delivery (*Some hospitals allow you to wear your own clothes during delivery, we suggest a robe and loose fitting shirt that you don't mind throwing away*)
- Slippers
- Something to read, to pass the time during labor
- Music – again, to pass the time
- Relaxation items – massage oils, an extra pillow, tennis balls, rolling pin
- Toiletries – toothbrush, toothpaste, shampoo, deodorant, face wash
- Change – for parking and the vending machines!
- Snacks from home
- Camera (*and extra batteries or cord for charging*)
- Clean clothes for after delivery
- Nursing Bra
- Breast Pads
- Maternity Underwear
- Contact numbers for people you would like to share the good news with!
- Going home outfits for you and your new baby
- A car seat – This one won't fit in your bag of course, but it's necessary in order to bring baby home!

It may also be a good idea to take some time to brainstorm with your partner about anything else you think you might need to make the birth as comfortable as possible for you. Happy packing!