



Hospital Packing Checklist

By: This N That with Olivia

Personal Documents

- Photo ID
- Insurance Card/Information
- Checkbook or Credit Card for Payment
- Cash for vending machines
- Hospital Registration Forms

For Mommy

- Washcloth
- Lip Balm
- Hair Band
- Mints, Snacks, and Bottle of Water
- Pillow
- Cell Phone/Charger

For Daddy's Hospital Stay

- Basketball Shorts/ T-shirts
- Pillow/Blanket
- Boxers/Socks
- Flip Flops
- Watch with second hand (to help time contractions)
- Snacks and Bottle of Water
- Camera, Video Camera, Charger, and Memory Cards

For Mommy's Hospital Stay

- Shower Shoes (I'll be taking some cheap Old Navy flip flops)
- Toiletries (toothbrush, toothpaste, lip balm, deodorant, hairbrush, makeup, hair band, soap, shampoo / conditioner, and lotion)
- Loose fitting Pajamas, Robe, Slippers, and Socks
- Cell Phone and Charger
- Nursing Bras & Pads
- Lanolin Cream
- Going Home Outfit
- Small Notepad and Pen
- Prenatal Vitamins, DHA Supplement

For Baby

- Boppy Nursing Pillow
- Hospital Picture Outfit
- Going Home Outfit
- Hat & Blanket
- Socks
- Car Seat Installed
- Swaddle Blanket (if you prefer your own)
- Baby Book

In addition to packing all of the above for your stay, you'll also want to **make a list of items to grab before you head out the door**. This list can conveniently be placed on top of your hospital bag and ready to go! Here are the items I have on this list.

- makeup bag
- camera + charger
- pillow
- cell phone + charger

In your car:

Put a garbage bag on the passenger seat of the car and then lay a towel on top-- this will be absolutely helpful if your water breaks on the way to the hospital.

