



Nurse Tips for Packing Mom's Hospital Bag

- Photo ID/insurance card
- Cell phone charger
- Chapstick
- Face Moisturizer /cream your hormones will undergo major changes-be prepared with the facial cream that works with your skin
- Ponytail holder/headband/scarf
- Your favorite shampoo
- Toiletries
- Contact lens/case/glasses
- Non-skid socks and/or house slippers
- Robe
- Comfortable pair of pajamas
- Maternity Clothes to wear home don't worry about wearing pre-pregnancy clothes yet
- Maternity Bras
- The hospital will provide mesh underwear which will look very different from anything you are used to, but will be loose enough to be comfortable and keep pads in place . However, if you want to bring your own- bring high waisted stretchy cotton underwear



- Cell phone charger
- Insurance card/photo id
- Change of clothes
- Water Bottle and Snacks
- Air pods /ear buds
- Toiletries
- Pillow



Car Seat

Coming home outfit

An outfit to take hospital pictures in

Baby Blanket

Pediatrician Number and address

Have a list of names ready. You may have an idea, but once you meet your baby, you

Will truly know who he/she is. You will need a name for the birth certificate before being
discharge home