

NOT SURE WHAT GOES IN THE IN THE "GO BAG" FOR YOUR HOSPITAL BIRTH?



We Made a list!

- Photo ID, insurance card, and any hospital forms you've been asked to prepare ahead of time, including your birth plan to share with your care team.
- Any daily prescription medications you are taking.
- Glasses, contacts and supplies, lip balm, toothbrush, travel-sized toiletries like toothpaste and body wash, dry shampoo, lotion, hairbrush, head band or hair ties.
- Comfy clothing, a warm robe, socks and/or slippers, high-waisted undies if you will be having a c-section, nursing bra or tank top, and going home clothes for you and baby. (Bring newborn and 0-3 clothes for the baby to see what fits best!)
- Snacks and drinks. (if you want to hydrate with something other than water)
- Affirmations - positive notes or verses posted where you can see them to encourage you during labor and recovery.
- Extra long phone charger, tablet for movies, magazines or books. Some couples even bring their favorite board game, especially if they're being induced or anticipating a longer than average stay.
- Stroller fan to attach to your bed while laboring.
- Sleep mask and portable sound machine. (Hospitals are often bright and loud, so these may help you focus inward during labor and to get a better rest postpartum.)
- Breastfeeding pillow. (We love the My Breast Friend pillow!)
- Carseat and base.
- Baby blanket for swaddling and for the car ride home.
- Your baby's pediatrician's contact information saved to your phone.
- An empty bag to carry the extra diapers, wipes, and other goodies you get from the hospital.