



CookChildren's

MOM'S HOSPITAL BAG

Some moms may be super organized and have their hospital bag all packed and ready to go early in their pregnancy. For most moms in their first pregnancy, trying to figure out what to pack and when can be a bit overwhelming. We asked some of our pediatricians, who also happen to be moms, what they recommend and we've put their suggestions together in a list to help make it easier for you to get prepared for the big day.

Because babies, especially multiples like twins or triplets, sometimes show up early, a good time to pack your bag is around the last week of your 7th month, or the first week of your 8th month. Here are the things you'll want to include in your bag to help you through labor and make your stay after delivery more comfortable.

Essentials

- ☐ An extra set of car and house keys – in case your partner misplaces them in the excitement of the moment
- ☐ Personal ID, your insurance card (or cards if you and your partner have insurance), and all hospital paperwork. Putting everything in a clearly marked envelope helps to make them readily accessible.
- ☐ Phone / Charger

Labor

- ☐ Birth plan
- ☐ Comfortable bathrobe
- ☐ Socks – the kind with nonslip soles are best
- ☐ Slippers
- ☐ Lip balm, lotion, massage oil, etc...
- ☐ Hand-held fan, cool packs, or facial mist for cooling off
- ☐ Your favorite comfy pillow
- ☐ Entertainment –a book, magazines, a tablet with a couple of your favorite movies downloaded (don't forget to pack a charger for your tablet)
- ☐ Chewing gum or small mints – if your doctor says it's okay to have them



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After delivery

Hospital will provide you with materials, but these are some extra things to consider:

- ☐ 2 nightgowns– if you're breastfeeding, be sure they're made for that
- ☐ Heavy duty feminine pads
- ☐ Several pairs of roomy, comfortable underwear
- ☐ Bras – nursing bras if you're planning to breastfeed
- ☐ Breast pump – hospital can show you how to use
- ☐ Nursing pads
- ☐ Burp towels
- ☐ Hairbrush and/or comb
- ☐ Hair ties or clips
- ☐ Shampoo/conditioner
- ☐ Blow dryer
- ☐ Deodorant
- ☐ Laundry bag for dirty clothes
- ☐ Moisturizer
- ☐ Makeup
- ☐ Glasses and/or contact lenses
- ☐ Contact lens solution

Going home

- ☐ Comfortable shoes and clothes
- ☐ Dress or loose fitting pants and top. Dress or top should have a front opening (buttons or snaps) if you're breastfeeding.



NOTES

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