

Hospital Checklist by Lily & Bliss

Tip: Pack two bags (one for labor and the other for post delivery). Some hospitals ask you to do this since they need all the space for doctors and nurses during delivery, and do you really need that bobby pillow for labor? Items with a * are ones that you might want during delivery.

Clothes

Going home outfit (stay comfy but look cute for pictures, tip: you will still have a baby bump, so make sure the outfit is similar to maternity wear)

*Socks (Hospitals can be cold! Have some for and after labor)

*Comfy slippers

*A comfy robe to layer over hospital gown (C-section mummies walk hallways to help recover)

Nursing bra and pads

Comfy underwear (thongs are out of the question if you had a natural birth! hospitals supply disposable mesh ones. There are panties out there for c-section mummies too!)

*PJ's or cute custom hospital gowns (think easy boob access)

(you can't give birth in pj's, it's the hospital gown or a custom one!)

Toiletries

*Travel size toiletries: shampoo, conditioner, toothbrush/paste, deodorant, body soap, face wash (you won't be up for a shower during birth, but you might want to brush your teeth for your nurses sake!)

Hair brush/comb

Hair dryer/flat iron (yes some moms actually 'do' their hair for pictures!)

*Head bands/hair bands/clips (helps keep hair out of the way during/after labor)

Makeup (for any pictures)

Lanolin cream (soothes sore nipples)

Sanitary pads(hospital will provide free ones, but make sure you have a supply for home)

*Your partner's toiletries (make sure your partner has what they need to stay clean & fresh)

Flip flops for the shower (would you go bare in a gym? I wouldn't!)

Toilet Paper (if you are particular about super soft, double ply then bring your own tp)

For comfort

*A comfy pillow from home (and put a fun & colorful case on it!)

Nursing pillow

*Blanket and pillow for your partner

*Music (I made a hospital mix on my ipod of relaxing and happy music for labor & lullabies for the baby after delivery)

*Ipod/Ipad/Laptop (helps kill time during labor, remember chargers)

*Camera/video cameras (remember chargers and spare batteries)

*Books/magazines

*Cards/small games (if not for you, for your partner!)

*DVDs (ask your hospital if there will be a dvd player in your labor room & post delivery room)