

# Hospital Bag Checklist

By Nicole Nichols-West

- Must-Haves
  - Insurance info, hospital forms and birth plan.
  - 2-3 pairs of warm, nonskid socks that can get ruined.
  - A warm robe or sweater you don't mind sacrificing to the cause.
  - 2 maternity bras and nursing pads.
  - Lip balm.
  - Toiletries and personal items: hairbrush, toothbrush, toothpaste, deodorant, face wash, shampoo, conditioner, lotion, contact lens case and solution.
  - A going-home outfit.
  - Going-home outfit for baby.
  - Eyeglasses.
  - Headband or ponytail holder.
  - Sugar-free hard candy or lozenges.
  - Pen and paper.
  - Snacks and drinks or change for the vending machines and non-perishable snacks.
  - Cell phone and charger, phone numbers of people to call after birth.
  - Camera, film or extra memory card, battery or charger.
  - A gym bag packed with a change of clothes and basic hygiene products for your partner.
- Take it or Leave it
  - Extra pillow.
  - Comfortable going-home clothes in six-month maternity size and flat shoes.
  - Bath towel.
  - Hairdryer.
  - Your favorite brand of soap, shampoo.
  - A few pairs of maternity underwear.
  - A ruin-able nightgown.
  - Breast pump, if you plan to use one.
  - Slippers that can get dirty.

- Things to help you relax or pass the time, e g. light reading.
- Your MP3.
- Massage oil and tools like rolling pins or tennis balls.
- Leave Home
  - Any clothes or nighties you really like (they will get ruined).
  - Stopwatch (your nurse or a monitor will take care of timing contractions).