

HOSPITAL BAG

essentials



FOR MOM

- Cell phone
- Extra Long Phone Charger
- Chapstick/Lipgloss
- Toothpaste / toothbrush
- Face wash / skincare
- Brush
- Deodorant
- Nursing-friendly pajamas/ loose loungewear and robe
- Dry shampoo
- Hair ties or clips
- Contact / Contact solution / glasses
- Shower shoes / flip flops
- Nursing bras
- Large water bottle
- Slippers / cozy socks with grips!
- Going home outfit/ loungewear
- Folder for your paperwork [and baby's!]
- Electrolyte replacer for after labor
- iPad or book
- Makeup

FOR BABY

- Outfit to take home baby
- Car seat
- Swaddles or Blankets
- Name / information of pediatrician
- Nail file / clippers
- Travel sound machine

FOR DAD

- Pillow
- Sleeping mask
- Change of clothes
- Toiletries
- Light blanket
- Comfy loungewear clothes
- Hat
- Entertainment [iPad, book, computer and charger, etc]
- Snacks! - [beachbars, drinks, candy/chocolate, trail mix]

Brittany LeGette



FLIP



EXTRAS

- Blanket and Pillow
- Towel
- Boppy / My Brest Friend nursing pillow
- Noise-canceling headphones
- Bluetooth speaker
- Body wipes
- Post-partum underwear
- Camera / video camera
- Chromecast
- Hard candy

THE HOSPITAL PROVIDES...

- Swaddles / blankets
- Onesies
- Diapers / wipes
- Hat
- Pacifiers
- Bottles
- Food For Mom
- Mesh underwear
- Perineal Ice Packs
- Pads
- Nipple Cream
- General
- Breast Pump
- Towels
- Blankets / Pillows
- Water

 you got this mama

Notes

Brittany LeGette

more on the blog...

brittanylegette.com