Bag prep for childbirth

Here's what you should pack before you go to the hospital.



- [ ] A picture ID (driver's license or passport), your insurance card, and any hospital paperwork
- [ ] Your birth plan (if you made one)
- [ ] Eyeglasses, if you wear them. Wear these instead of contact lenses, too. Much easier for this moment.
- [ ] A bathrobe, nightgown (or 2?), slippers, and cozy socks
- [ ] Items from home that help you relax - favorite pillow, some music to play, a book you love, etc.
- [ ] A camera or video camera with all necessary power equipment (batteries, charger, memory card)
- [ ] Toiletries
- [ ] Comfy shoes
- [ ] A change of regular clothes
- [ ] Snacks
- [ ] Money (credit card, cash, and quarters) for things like parking and vending machines
- [ ] A bathing suit in case you would like to take a bath or shower during your hours of labor
- [ ] Both nursing bras and regular bras - weather or not you breast feed, the breast will be tender and enlarged when the milk forms, so bras are necessary for comfort
- [ ] Multiple pairs of maternity pants (ones with a spandex or mesh waist bands)
- [ ] Any books you intend to read specifically on newborn care
- [ ] Gifts for older siblings
- [ ] A notepad/journal and a pen/paper if you wish to write down thoughts or parts of your experience
- [ ] A "returning home" outfit

- [ ] A pre-installed baby carseat
- [ ] A "returning home" outfit for the newborn
- [ ] A "receiving" blanket to swaddle the newborn

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