

Hospital Bag Packing List

Clothing

- comfy outfit
- sandals / slippers
- going home outfit
- nursing bra
- disposable underwear
- fuzzy socks
- loose fitting clothes

Essentials

- lip balm
- hair ties
- flat clips
- toothbrush & toothpaste
- hairbrush
- breath mints / gum
- water bottle
- snacks (sour candy)
- nipple balm
- moisturizer
- deodorant

For Baby

- pacifier
- diaper bag (diapers, wipes, diaper cream)
- cute outfit
- onesie (1-2)
- hat
- car seat
- bottle
- nursing pillow

Additional

- Frida Mom postpartum kit
- adult diapers
- 6-10ft charging cable
- iPad / book
- mio / electrolytes
- blanket & pillow
- camera
- breast pump (optional)
- speaker
- stroller fan
- headphones

