

Printable Packing List for Giving Birth

Packing for Mom

A Small Bag for Labor and Delivery

- Comb
- Hair brush
- 2-3 hair ties
- 2-3 fabric headbands
- Hard candy, mints or lollipops
- Lip balm
- A favorite pillow
- One or two pairs of long socks
- A small bottle of oil or body lotion
- A small CD player and some CDs, or an MP3 player with your favorite music
- A book or a magazine
- Laptop, iPad or equivalent
- A pad of paper and a pen
- Your glasses and case
- For your phone and camera:
 - Cell phone charger
 - Written phone list
 - Camera
 - Camera charger
 - Video camera
 - Video camera charger
 - Memory card for your digital camera
 - Extra film and batteries if your camera is not digital
 - Long distance calling card if you don't have a cell phone
- When you go into labor don't forget to grab the following (keep them in one place ahead of time)
 - Insurance information
 - Driver's license or other photo ID
 - Delivery plan, if you were given a written one by your doctor
 - Any other papers given to you by your doctor or requested by the hospital
 - Cell phone

A Larger Bag for After Delivery

These are items you will need in the hospital after delivery or for going home:

- A comfortable pair of slippers
- One or two comfortable, loose, warm pajamas with long sleeves
- A warm, long, comfortable bathrobe
- One or two additional pairs of socks
- 3-4 comfortable panties
- Deodorant
- Your favorite facial moisturizer
- Your favorite hand/body lotion (if you prefer this to the hospital supply)

- Shampoo (travel size bottle)
- Hair conditioner (travel size)
- Going-home outfit to fit about a 5 to 6 month pregnant belly
- Two nursing bras or your larger, comfortable bras
- A framed photo of your older children
- A small gift for each of your older children
- A few healthy snacks, for example:
 - Breakfast bars
 - Cheerios or other cereal
 - Snack-size bags of almonds or edamame or your favorite nuts or seeds
 - Protein shakes

Packing for Your Baby

- A comfortable, special going-home outfit or two
- A sweater appropriate for the weather
- A hat suitable for the weather
- A pair of socks or soft booties
- A bib for drooling from the baby
- A soft cloth diaper or two to wipe the baby's drool
- A soft receiving blanket or two, appropriate for the weather
- A snow suit if needed
- A rear-facing car seat

Packing for Dad

- A change of clothes
- Underwear
- Socks
- Toiletries including:
 - Toothbrush and toothpaste
 - Deodorant
 - Body lotion
 - Shaving supplies if desired
 - Comb and brush
- Healthy snacks
- A small wallet with license/ID and a credit card
- Some cash and coins for vending machines, parking and sundries
- Cell phone and charger
- A second camera and accessories if you wish
- Your own phone contacts list