



# What to Pack?

## Labor and Delivery Bag Checklist

Despite having a due date most baby's arrivals are unpredictable so we recommend having your bag and your baby's bag organized and packed at least 6 weeks prior to your estimated due date just in case.

### For mom

- ID and insurance card
- Birth plan
- Prescription medication
- Pajamas or nightgowns (button-front if planning to breastfeed)
- comfortable socks
- slippers
- lip balm
- Toiletries (i.e. hair products, toothbrush, toothpaste, mouthwash, lotion, deodorant, soap, comb, hairbrush, etc.)
- Glasses and/ or contacts
- Clothes (for hospital stay and to go home)
- Cell phone charger
- Hair products (i.e. Hair ties, headband, or hair scarf)
- Earbuds
- Snacks and drinks
- Maternity bra or Nursing bra
- Nursing pads and nipple cream
- Maternity/ Postpartum Underwear
- Pads and/or disposable underwear
- Entertainment (something to do)

### For baby

- Car seat
- Onesies
- socks and booties
- Baby hat
- Baby mittens
- Going home outfit
- Baby blanket

### For partner or support person

- Cell phone and charger
- Snacks and drinks
- Clothes
- Toiletries
- Entertainment (something to do)



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Some items may be available at your hospital of choice or birthing center. It's best to ask beforehand about their offerings. Feel free to add items to this checklist based on the unique needs and preferences of yourself, your partner/ support person, and your baby under additional items below.

## Additional items

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### Notes:

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