

ATTENTION: Moms-to-be

*What is one of the most commonly asked questions by ALL soon-to-be delivering moms?
(Inquiring minds want to know!!)*

“WHAT DO I PACK FOR MY HOSPITAL STAY?”

WELL.....Here's what you need to know! Essentials for your hospital bag:

CHECKLIST:

- Picture ID, driver's license, insurance card
- Eyeglasses, contact lenses
- Bathrobe, gown (nursing, if breastfeeding), slippers, and socks
- Comfortable nursing or regular bras, depending on whether you choose to breastfeed or not
- Breast pump
- Your own pillow (if desired)
- Music, books and magazines
- Camera, video camera with batteries, charger, memory card
- Toiletries: toothbrush, toothpaste, brush, hairdryer, shampoo, conditioner, lip balm, deodorant, makeup, and a hair band, ponytail holder or barrettes
- Comfortable shoes and comfortable clothes
- Money or change for vending machines
- Cell phone, phone charger
- List of contacts you would like to notify of the delivery
- Sugar-free candy
- Gifts for older siblings
- Baby book
- A going-home outfit for both you and the baby; you will need an outfit that fit you when you were about 5 months pregnant
- Rear-facing car seat

What NOT to bring to the hospital:

- Jewelry
- Large amounts of cash or other valuables
- Medications
- Diapers

Hopefully this will provide ideas for your hospital bag. Remember to have your bag packed by 35 weeks!!