

Hospital Bag Checklist

By Nicole Nichols-West

- Must-Haves
 - Insurance info, hospital forms and birth plan.
 - 2-3 pairs of warm, nonskid socks that can get ruined.
 - A warm robe or sweater you don't mind sacrificing to the cause.
 - 2 maternity bras and nursing pads.
 - Lip balm.
 - Toiletries and personal items: hairbrush, toothbrush, toothpaste, deodorant, face wash, shampoo, conditioner, lotion, contact lens case and solution.
 - A going-home outfit.
 - Going-home outfit for baby.
 - Eyeglasses.
 - Headband or ponytail holder.
 - Sugar-free hard candy or lozenges.
 - Pen and paper.
 - Snacks and drinks or change for the vending machines and non-perishable snacks.
 - Cell phone and charger, phone numbers of people to call after birth.
 - Camera, film or extra memory card, battery or charger.
 - A gym bag packed with a change of clothes and basic hygiene products for your partner.
- Take it or Leave it
 - Extra pillow.
 - Comfortable going-home clothes in six-month maternity size and flat shoes.
 - Bath towel.
 - Hairdryer.
 - Your favorite brand of soap, shampoo.
 - A few pairs of maternity underwear.
 - A ruin-able nightgown.
 - Breast pump, if you plan to use one.
 - Slippers that can get dirty.

- Things to help you relax or pass the time, e g. light reading.
- Your MP3.
- Massage oil and tools like rolling pins or tennis balls.
- Leave Home
 - Any clothes or nighties you really like (they will get ruined).
 - Stopwatch (your nurse or a monitor will take care of timing contractions).