

Hospital Checklist

For Mom

- *Nursing bra (if nursing)
- *Underwear
- *Loose clothing (I prefer a nursing dress)
- *Warm socks
- *Loose sweater
- *Prenatal vitamins
- *Toiletries: Face wipes, toothbrush/paste, mouthwash, deo, soaps, chapstick, lotion
- *Contacts/glasses
- *Hair brush
- *Flat iron
- *Makeup
- *Headband, hair ties
- *Shower flip-flops
- *Young Living Essential Oils (Lavender & Gentle Baby)
- *Young Living Diffuser
- *Nursing cover (if needed/preferred)
- *Nursing pads

For Dad

- *Clothes for going home & sleep
- *Sweater/Sweatpants
- *Button down or zip sweater for skin-to-skin
- *Toiletries: Toothbrush, deo, soaps
- *Daily vitamins (if needed)
- *Contacts/glasses
- *Cash/coins
- *Pillow/blanket

For Baby

- *Baby book
- *Baby hat
- *Swaddles
- *Outfit for pictures
- *Going home outfit
- *Car seat

Miscellaneous

- *Jolly Ranchers
- *Long phone charger
- *Snacks
- *I.D. & Insurance information
- *Activity book/Book to read to pass time
- *Boppy/Nursing pillow (if needed)