

# LABOR & POSTPARTUM

## Hospital Bag Checklist

For mom, dad, and baby

### LABOR KIT

#### MOM

- Insurance Card/ ID
- Lip balm
- Mom's favorite music
- Hair tie
- Water bottle with straw
- Pre-written thank you cards

#### DAD

- Comfortable shoes
- Camera / smartphone
- Chargers for camera and phone
- Change for vending machine

### SNACKS

- Smart water x 4 bottles
- Coconut water x 2 bottles
- Energy bar
- Candies / mint / chocolate

### POSTPARTUM KIT

#### MOM

- Dermoplast spray (red cap)
- Witch hazel
- Memory foam seat to sit on after birth
- Toiletries
- Nipple cream
- Nursing bra
- Going home 2-piece outfit
- Socks or comfy slippers

#### DAD

- Snap cowboy shirt (for skin-to-skin)
- Money for incidentals
- Sweats for sleeping
- Toiletries
- Change of clothes

### BABY

- Sleep sack
- Water wipes
- Safflower oil (in travel size container)
- Aquaphor healing ointment
- Butt paste (40% zinc oxide)
- Baby going home outfit
- Baby blanket and cap
- Car seat cover