

FOR RECOVERY CONTINUED

Nightgowns/PJ's: Bring at least 3 different sets of pj's/loungewear that you can sleep, relax, and have visitors in (there are always people around). Otherwise you'll be stuck wearing a hospital gown. I didn't know I was going to be in the hospital for 5 nights... I wish I had brought more. It's nice to put on clean clothes every day after you shower, because you will be wearing these all day and sleeping in them too. Also, after labor you sweat a lot and get gross quickly. Gowns/PJ's should be maternity/breastfeeding friendly. Loose and accessible is best.

Nursing bras/tanks: Tanks are great because they keep your tummy covered.

Maternity underpants: The hospital gives you these. If possible, make sure you take as many of them home as you can. Also if allowed, take as many sanitary pads from the hospital as you can, and have heavy duty pads at home as back up too.

Toiletries

- Shampoo/Conditioner
- Lip Balm
- Make up (Yes, bring some)
- Deodorant
- Hairband/Clips
- Hair Dryer
- Lotion
- Brush
- Toothpaste

Snacks: Bring snacks (also good for guests). If you're in a city, you can get food from your favorite take out place delivered right to the hospital lobby.

Eyeglasses or contacts - just in case. You're allowed to wear contacts during labor & delivery (and during a C-section) so I kept mine in and was very happy I did - I've heard that glasses fog up in labor and I didn't want to miss a thing.

Towel: I brought my own fluffy, comfy towel to shower with. So happy I did. The ones the hospital provides are toddler-sized, thin and rough.

Postpartum Compression Garment: After you have your baby, you still have the pooch while your belly starts to go down. The hospital gave me a disposable compression garment (also known as an abdominal binder) that I wore to death - literally, I wore it until it was kinda gross and then I washed it and it fell apart. It made my stomach feel supported and I just felt better all around.

Pad of paper and pens: Great if you still haven't decided on a name, remember who to write thank you notes to, or have to plan a function like a bris, etc.

Laptop, wifi hotspot, camera, memory cards, charger/batteries, phone and charger: For those with families far away who want to Skype or for those who can't fully cut the cord (he, he!) for work, a laptop and wifi hotspot is handy. Bring everything fully-charged so you don't miss a thing. If you are bringing more than just a phone, a powerstrip will be a super-helpful!

Comfy going-home outfit and comfy shoes: Keep in mind your feet will probably still be swollen



FOR BABY

Cute Magnetic Me® outfits: The hospital gives you a one-size-fits-all (ginormous, misfitting and thin) kimono top for baby as well as a hat. I liked dressing my baby in the outfits I brought. He looked different from all the other babies (easy to spot!) and the nurses loved Magnetic Me's magnetic-fastening outfits too, which made it so easy for them to change his diaper, weigh him, do whatever tests they needed to do and get him warm again super quick. Also, if you are keeping baby bedside during the night, these outfits will dress themselves at changing time so you can get back to sleep. I highly recommend our gowns so baby stays dressed and you have quick, in and out access to his diaper.

Receiving blankets: Your baby will stay swaddled your entire time at the hospital. The hospital blankets are thin and just ok, but Magnetic Me's blankets are thicker, warmer and matched baby's outfit which is fun.

Going home outfit: Make sure it's seasonally appropriate. Include a hat or fleece footie if it's cold.

Baby nail file: Baby's nails are sharp and you are not allowed to clip them in the hospital. You need to file them though, so baby won't scratch his face. Magnetic Me's gowns have built in mitts, so this helps. File their nails when they are sleeping. Much easier!

Car Seat: Leave this at home or in the car until the day you need to bring baby home in it. It will just clutter up your room.

Footprints: Ask to get your baby's footprints taken in the hospital for you to take home. Some hospitals don't offer this but will do it if you ask.

FOR DADDY/SPOUSE/LABOR PARTNER

This contribution is from co-Founder and new Dad Lawrence!

Change of clothes: Labor could get messy for all involved and it's nice to be able to freshen up if your wife is in labor for awhile.

Some toiletries: Toothbrush, toothpaste, deodorant.

Newspapers/iPad/Kindle: Great for when mom & baby are at class or sleeping.

Phone & charger: Don't forget this!

DON'T BRING

Jewelry

A lot of Cash

Diapers

Breast pump - You can use the hospital-grade ones, they are better than anything you have at home.

Nursing pillow (Boppy, My Brest Friend, etc) - Have it at home but you don't really need to bring this. Pillows, work fine for the short amount of time you are there and the hospital provides plenty. This is one bulky item you won't have to haul.

