



UpSpring®

ESSENTIAL

HOSPITAL BAG CHECK LIST

Not sure what to pack in your hospital bag? We've got you covered—the list of essentials you NEED and what you can't do without.

Signs of Pre Labor

- General tightening of uterus but no back pressure, usually short in duration (15-45 seconds)
- Contractions that do not increase in intensity
- Contractions that do not get closer together or are irregular
- Contractions stop by modifying activity or position
- Contractions are not made stronger by walking

Signs of Labor Contractions

- Tightening of the uterus along with back/lower ab pressure
- Contractions become progressively longer (60+ seconds)
- Contractions increase in intensity
- Contractions get closer together and become regular
- Modifying activity or position does not make contractions stop
- Walking makes contractions stronger

What's Happening in Early Labor

Early labor contractions might start about 20 minutes apart and last 30-45 seconds, but as the cervix continues to soften and move forward, it will completely thin (efface 100%) and open (dilate).

Mom & Baby's Hospital Bag

There are many versions of the "Hospital Bag," but we think the most important things to pack include:

Clothing

- Robe & slippers
- Warm socks (trust us on this)
- Contact lens & glasses
- Hair bands
- Hand mirror to view pushing
- Nursing gowns & bras
- Comfy clothes (min 3 days)
- Nursing pads
- 2-3 baby outfits (various sizes)
- 2-3 Swaddle blankets
- Shrinkx Belly Wrap
- C Panty (If having a c-section)

Cosmetics and related

- Lotion or oil for massage
- Lip Balm
- Nipple balm
- Tooth brush/tooth paste
- Makeup
- Wash cloths
- Toiletries

Food or related

- Snacks for partner
- Cash for vending machine
- Prenatal vitamins

Gear

- Car seat (ideally, pre installed)
- Music player/playlist
- Deck of cards, magazine, etc.
- Camera/video recorder
- Phone chargers