



Hospital Bag Checklist

For Mom:

- Copies of birth plan/hospital registration paperwork/insurance info/ID
- Cell phone, charger with an extra long cord, and headphones
- Socks or slippers with grippy bottoms
- Comfy robe for nursing
- Faux candles *(don't forget the batteries!)*
- Birth banner/talismans/affirmations
- Toiletries

MAMA PRO TIP ➤ ELEVATE THAT FIRST POST-BIRTH SHOWER WITH SOME LUXURIOUS SOAPS AND LOTIONS...TREAT YOURSELF!

- Cocoon
- Nipple butter
- Comfy clothes (nursing tanks, leggings, slip-on shoes, soft pajamas)

MAMA PRO TIP ➤ FUN FACT: YOU'LL STILL LOOK ABOUT 5-6 MONTHS PREGNANT WHEN YOU LEAVE THE HOSPITAL, SO KEEP ENJOYING THOSE MATERNITY LEGGINGS/ELASTIC WAISTBANDS AS LOOOONG AS YOU WANT!

- Water bottle with straw
- Snacks (HONEY STICKS, GRANOLA BARS, FRUIT SNACKS, ETC)
- Depends
- Playlist and speaker

(check out Amma's birth playlist [here](#))

For Baby:

- Car seat
- Spare tote bag for freebies
- Outfit (one newborn and one 0-3 months)
- Receiving blanket

MAMA PRO TIP ➤ EVEN IF YOU'RE PLANNING A HOME BIRTH, PACK A HOSPITAL BAG AND INSTALL THE CAR SEAT JUST IN CASE. IF THINGS GO DIFFERENTLY THAN PLANNED (THEY SOMETIMES DO) YOU'LL BE MORE ABLE TO ADJUST WITHOUT CHAOS OR ADDED STRESS.

NOTE: If you are planning a belly birth, your packing needs may vary...you'll have a slightly longer hospital stay so make sure you bring changes of clothes (high-waisted stretchy everything!), a breastfeeding pillow to keep baby off your incision, etc.

BELLY BIRTH PRO TIP ➤ PACK TWO BAGS; ONE FOR THE PREP/PROCEDURE AND ONE FOR YOUR RECOVERY. KEEP THE RECOVERY BAG IN THE CAR AND HAVE YOUR SUPPORT PERSON GRAB IT WHEN YOU'RE POST-OP...NO REASON TO HAUL TONS OF LUGGAGE ALL OVER THE PLACE!

For more expecting mama goodies, visit:

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