



Joyful Messes

motherhood is messy. let's find joy



Packing the Hospital Bag

YOU'RE IN THE HOME STRETCH! 

What to Pack:

1. Important papers
 - a. Birthing Plan
 - b. Living Will
 - c. ID
 - d. Insurance Cards
 - e. Your Doctor's information
 - f. Your Pediatrician's information
2. Comfortable, weather appropriate outfits to wear home for mommy, daddy, and baby
3. Soft blanket to tuck around baby
4. Socks, slippers, comfortable gowns, underwear, and robe for a couple days for mommy
5. Outfits for a couple days for dad
6. Pads if you want a specific kind
7. Breast pads, nipple cream, breast pump (if not provided by hospital) if you plan to nurse
8. Bottles, formula, pacifier if you have a preferred brand or style and don't want to use what the hospital will provide
9. Diapers, wipes, diaper rash cream if you have a preferred brand other than what the hospital will provide
10. Deodorant, toothbrush, toothpaste, soap, shampoo, conditioner, hairbrush, hair accessories, makeup remover wipes, glasses or extra contacts, contact solution, and case
11. Any medications your spouse is on and the hospital told you to bring for yourself
12. Phone chargers, phone, any other electronics and their chargers
13. Magazines, books, puzzle books, a journal or notebook to write in
14. Snacks and drinks for after delivery
15. Make sure your baby's car seat is installed in your car!

