



**BerryBest**  
B A B Y

# Hospital Bag Essentials

Your essentials list for Mom, Dad & Bub

## 1. Mom's Bag

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Photo ID, insurance info, hospital forms and birth plan if you have one

Eyeglasses (if you wear them)

Notebook and pen – This is so handy for recording feeding times & other info.

Extra Undies and 2 packs extra absorbent pads

Nursing pads & nipple cream

2 Maternity Bras

Cell phone and charger, device for music and a camera

Two or three pairs of warm, nonskid socks

A warm robe or sweater you don't mind sacrificing to the cause

Lip balm (hospitals are very dry)

Headband or ponytail holder (avoid clips—they'll probably poke you)

Sugar-free hard candy or lozenges to keep your mouth moist during labor

Non-perishable snacks and change for the vending machines

Toiletries and personal items: hairbrush, toothbrush, toothpaste, deodorant, face washer, shampoo, conditioner, lotion, contact lens case and solution

Loose, lightweight clothing (maternity wards can often be hot)

Your own nightgown or pajamas

Comfortable going-home clothes in six-month maternity sizes, and flat shoes (or just wear the clothes you came in, they'll probably still fit)

Your makeup. It can help you feel nice if you get a chance to wear it!

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## 2. Dad's Bag

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Camera or video camera including chargers. If he plans on using his phone for this, make sure chargers and a power pack/battery powered charger are included so you don't need to rely on finding a power plug in the delivery room.

Snacks – even if you can't eat during your labor, your partner certainly can. Add extra snacks that you'll enjoy later too!

Clothes – it doesn't hurt for Dad to pack a change of clothes, this can be handy for a multiple of reasons.

Toiletries and personal items – pack a toothbrush and toothpaste as a minimum.

Something to read or watch, just in case.

## 3. Bub's Bag

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Going home outfit for your baby. Be mindful of the season. Even if it's warm in the hospital, it can be freezing outside.

An extra baby blanket is always a good idea for the trip home, and in the colder months make sure it's snug and warm.

Plastic storage bags in various sizes. These are handy to keep memorable items from the hospital for safekeeping.

Car seat . This obviously isn't for the hospital bag, but a rear facing car seat should be properly installed in your car around the same time you pack your baby bag so it's ready for the trip home hospital. You can't drive your baby home without one!

## Extra Tips

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Often baby's items will fit easily into Mum's bag, reducing the need for lugging an extra bag around with you.

If you feel you need to pack extra. Leave it in an extra bag in the car and it can be fetched if you need it. Chances are you won't!

[www.berrybestbaby.com](http://www.berrybestbaby.com)

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