

# WHAT TO PACK FOR THE



## For You:

- Pillow (non-white pillow case)
- Flip flops (or crocs)
- Socks
- Sports bra or Nursing Bra
- PJs
- Robe
- Underwear
- Maxi Pads
- Nursing pads
- Towel
- Trash bag (for the car only)
- Toothbrush and toothpaste
- Shampoo
- Deodorant
- Brush
- Contact lens solution and case
- Glasses
- Chapstick
- Hairband or hair tie
- Hand sanitizer
- Lanolin or nipple cream
- Makeup
- Gum
- Gatorade
- Snacks
- Magazines
- I.D. and Insurance
- Cell phone and charger
- Pen
- Birth Plan
- Camera
- Going home outfit

## For Baby:

- Diapers
- Wipes
- Soothers
- Scratch mittens
- Hat
- Receiving blanket
- Going home outfit
- Baby book
- Nursing pillow
- Car seat

## For Copilot:

- Toothbrush
- Deodorant
- Underwear
- Pillow
- List of who to call
- Blanket or Sleeping Bag
- Change for vending machines

## Extras:

- Deck of cards
- White noise machine
- Big sister/brother gift
- Gift or note for the nurses

## Numbers:

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