

# Packing List

## Clothing

- ☐ Elastic Waist Pajamas
- ☐ Zip Front Hoodie or Cardigan
- ☐ Gown
- ☐ House Shoes
- ☐ Flip Flops
- ☐ Socks- Thick/Non-Slip
- ☐ Robe
- ☐ Panties
- ☐ Bra(s)
- ☐ Going home outfit
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Miscellaneous

- ☐ Birth Preferences Sheet
- ☐ Lip Balm/Chapstick
- ☐ Mints/Hard Candy
- ☐ Gum
- ☐ Snacks
- ☐ Camera/Memory Card
- ☐ Video Camera
- ☐ Cash and Change
- ☐ Phone
- ☐ Phone Charger
- ☐ Insurance Card
- ☐ Pediatrician Information
- ☐ Personal Pillow
- ☐ Bottled Water
- ☐ Trash Bag for dirty clothes
- ☐ Picture ID
- ☐ Contact Case/Solution/Glasses
- ☐ Music
- ☐ Medical Team/Nurses Gift
- ☐ Placenta Transport Kit
- ☐ Cord Blood Banking Kit

## Personal Care/Hygiene

- ☐ Hair ties or a head band
- ☐ Shampoo
- ☐ Conditioner
- ☐ Body Wash/Soap
- ☐ Face Wash
- ☐ Hair Brush
- ☐ Tooth Brush
- ☐ Hair Spray
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Bathing Towel
- ☐ Facial lotions/products
- ☐ Deodorant
- ☐ Makeup
- ☐ Hair Dryer
- ☐ Glasses
- ☐ Contacts/Solution/Case
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## If Planning to Breastfeed

- ☐ Nursing Tanks
- ☐ Nursing Bra
- ☐ Breast Pads
- ☐ Boppy/My Breast Friend

## For Baby

- ☐ Going home outfit for baby
- ☐ Baby Blanket
- ☐ Car Seat
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_