

Packing List

- ID
- Insurance Card
- Copy of Birth Plan (2-3 copies)
- Copy of any signed consents (i.e. c-section, induction, etc)
- Nursing Clothes (i.e. nursing bras, robes, tank tops, pajamas, etc)
- Nipple Cream
- Large, Reusable Water Bottle
- Extras: Portable Fan (battery powered is best), White Noise Machine, Bluetooth Speaker, Nightlight
- Phone and Camera

Items for you AND your support person:

- Loungewear & Sleepwear
- Slippers & Socks
- Pillows and Blankets
- Toiletries/Cosmetics: Toothbrush, Toothpaste, Shampoo, Conditioner, Body Wash, Face Wash, Hair Ties, Hair Brush, Lotion, Chapstick, Glasses, Contacts, Deodorant
- Snacks and Drinks
- Extra Long Phone Charger
- Optional: Shower Sandals, Maternity Underwear and postpartum products of your choice

For Baby:

- Outfit and Blanket (1 outfit minimum for baby to go home in)
- Car Seat
- Pacifier, Bottles, and Formula of choice, if desired

