

# Packing List

## For the Hospital

- ID
- Insurance Card
- Copies of Birth Plan & Legal Parentage Documents (2-3 copies)
- Car Seat
- Loungewear & Sleepwear
- Slippers/Socks/Underwear
- Optional: Shower Sandals
- Toiletries/Cosmetics
- Outfit for Baby (1 outfit minimum)
- Pillows/Blankets
- Phone Charger
- Camera
- Snacks/Drinks
- \_\_\_\_\_
- \_\_\_\_\_

## For the Trip Home (Best to Bring Extras of Everything)

- Ready-To-Feed Formula
- Bottles & Nipples for Bottle
- Diapers/Wipes
- Burp Cloths
- Changing Pad
- Butt Paste/Barrier Cream
- Clothes (2-3 outfits/day)
- Pacifier (with clip)
- Baby Hat
- Blankets/Swaddles
- Water/Snacks (for you)
- Dirty Laundry Bag
- Car Seat
- \_\_\_\_\_
- \_\_\_\_\_

## International Travel

### What to check with airline:

- If sky cots are available
- Minimum age baby is allowed on plane
- What to bring & what you're allowed to check at gate

### Additional Things Needed:

- Passport
- Pediatrician note clearing baby for flight (if applicable)
- If flying, ensure car seat is approved for use on aircrafts
- \_\_\_\_\_

