

C-Section Edition

• THE •

Ultimate

Hospital Bag - Packing Guide

Name _____

Due Date _____

Hospital _____

Phone No. _____

1. Toiletries

- Travel Sized Shampoo
- Travel Sized Conditioner
- Skincare (info on this here: <http://tinyurl.com/zdbb3fk>)
- Travel Sized Lotion
- Deodorant
- Toothbrushes and toothpaste
- Hairbrush
- Hair ties
- Headband(s)

2. Essentials/ Medicine

- Throat Lozenges
- Mints / Gum
- Prenatal Vitamins
- Low Dose Aspirin
- EHT Mind Enhancement Formula (info on this here: <http://tinyurl.com/hzzeb76>)
- Other Prescriptions

Please note: all essentials, prescriptions, vitamins etc. should be prescribed and approved by your doctor.

3. Makeup

- Foundation
- Blush
- Blush Brush
- Mascara
- Eyelash Curler
- Lipgloss
- Chapstick

4. Breastfeeding

- Nursing Pillow
- Breast Pump with accessories (bottles, storage bags, etc)
- Nursing Cover
- Nursing Bra Pads
- Nipple salve or cooling pads

5. Clothes for Mommy

- Maternity Leggings (2-3 pair)
- Low cut / nursing tank tops
- 2 Loose t-shirts
- Warm Socks
- Cheap shower flip-flops
- Nursing Bras
- Full-coverage panties (the hospital will provide mesh ones)
- A zip up sweater
- Shoes to go home in

6. Clothes for Daddy

- Lounge Pants
- Lounge Shorts
- Sleep shirt
- 3 Outfits (jeans, shorts & tees)
- Sweater
- Underwear
- Shower sandals
- Shoes/socks

7. Things for Baby

- Swaddle (if you want your own, hospital does provide these)
- Blanket
- Socks
- Zip up pajamas
- Going home outfit
- Beanie/ hat
- Pacifiers (my hospital no longer provides these)
- Diaper / wipes (in case of a long drive home)

8. Other

- Snacks
- Carseat
- Carseat Cover
- 2 pillows (use bright colored pillow-cases)
- Extra blanket for dad to sleep with
- Large Duffle or XL trash bag (to carry everything in/ out)
- Gift for big brother/sister
- Phones and chargers
- Optional: Laptop / iPad / Camera
- Hand Sanitizer

- Other Continued:

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Rest, relax, and be prepared! You got this mama!

XO,
Stefanie

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