

Hospital Bag

PACKING LIST: MAMA

MEDIUM SIZE BAG

Post Partum Essentials

- Witch Hazel
- Pads or Depends
- Nipple Cream
- Maternity Underwear x 5
- Medications or Prenatals
- Nursing Bra
- Nursing Pads
- Peri or Squirt Bottle
- Stool Softener
- Postpartum Recovery Belt

Toiletries

- Hair Ties
- Dry Shampoo
- Shampoo + Conditioner
- Toothbrush + Toothpaste
- Mirror
- Makeup
- Blistex or Chapstick
- Cleansing Wipes
- Deoderant

SMALL BAG

Extras

- Cell Phones + Chargers
- Camera
- Glasses or Contacts
- Cash + Wallet
- Healthy Snacks
- Pillow and Towel

Your Partner

- Extra Change of Clothes
- Pyjamas
- Toiletry Bag
- Sweater
- Socks
- Running Shoes

Clothing + Shoes

- Robe
- Loose Pyjamas
- Loose Jogging Pants
- Maternity Tshirts or Tanks
- Comfy Socks
- Bathing Suit
- Light Sweater
- Flip Flops
- Going Home Outfit