



What do you really need when you're in the hospital, waiting for the big moment? And then, what essentials will you *and* baby need for the stay? Our list of hospital must-haves ensures you won't forget a thing!

If you have a vaginal delivery, you'll be in the hospital for 1 - 2 days; c-sections require a minimum of 3 days, so pack accordingly just in case.

### **For You**

- Magazines
- Snacks
- Address / Phone book or organizer
- Camera / Video Camera
- Nightgown and robe
- Slippers and socks
- Going-home outfit
- Toiletries - toothbrush, toothpaste, deoderant, hair brush, hair elastics, shampoo, conditioner, lip balm
- Nursing pillow (we like [Boppy](#))
- Nursing bra / pads
- Sanitary pads (the hospital does provide these, but they aren't as comfortable as drugstore brands. For comfort's sake, pack some of your own)



### **For Baby**

- Going home outfit
- Hat
- Socks / booties
- Receiving blankets
- Baby book to record the official details and your first thoughts
- Infant car seat (have this installed in your car - you won't be able to leave the hospital without it)