

packing your hospital bag


A stylized illustration in the top right corner shows a hand in a white outline holding a baby's foot. The background behind the hand consists of overlapping organic shapes in shades of orange, red, and green.

WHAT YOU ACTUALLY NEED

IF YOU LIVE IN THE US (I CAN'T SPEAK TO OTHER COUNTRIES) THE HOSPITAL PROVIDES YOU WITH ALMOST EVERYTHING YOU NEED AS FAR AS BABY AND PP CARE.

BUT ALSO IF YOU'RE A FIRST TIME MAMA AND STRESSING ABOUT BRINGING TOO MUCH...WHO CARES! NO ONE AT THE HOSPITAL IS GOING TO JUDGE YOU. THEY'VE SEEN IT ALL. IF IT'S GOING TO GIVE YOU PEACE OF MIND - PACK IT!

LET'S GO OVER WHAT YOU ACTUALLY NEED FOR MAMA AND BABY. (I'M NOT GOING TO INCLUDE THINGS THAT WILL HELP YOU LABOR BECAUSE THAT'S SO SPECIFIC TO EACH MAMA.

A decorative graphic at the bottom of the page features several stylized leaves and a small plant. The leaves are in shades of orange, green, and dark blue. A small plant with dark green leaves and a thin stem is on the right side.

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WHAT I BROUGHT WITH BABY TWO

FOR MAMA

COMFORTABLE CLOTHES

lounge/sweatpants
leggings
nursing top
nursing bra
nursing sweatshirt
warm socks
sandals
robe

TOILTRIES

toothbrush/toothpaste
nail file
chapstick
lotion
hair ties + bobby pins
simple skincare (cleanser, moisturizer)
deodorant
simple makeup

ELECTRONICS

phone charger
portable charger
headphones

SLEEPING COMFORT

sleep mask
pillow

FOR BABY

SLEEPER TO WEAR HOME

BLANKET FOR CARSEAT

NURSING PILLOW

CARSEAT

My List

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YOUR PACK LIST!

FOR MAMA

COMFORTABLE CLOTHES

TOILTRIES

ELECTRONICS

SLEEPING COMFORT

FOR BABY

MISC



