

**General Items:**

Extra clothes, PJs  
Bras, underwear  
Slippers/shower shoes  
Socks  
Massage items  
Hair band  
Lip balm  
Snacks  
Watch with second hand  
Camera, camcorder  
Relaxation materials (i.e. music, games, etc.)  
Blanket for husband (if he sleeps over)  
Toiletries (brush, deodorant, glasses, makeup, toothbrush, face wash, etc.)  
Change of clothes  
Laptop/iPad for movies, emails  
Phone and charger

**Postpartum (while in hospital):****For Mom:**

Maternity or large underwear to wear home from hospital (comfy)  
Nursing bras (2)  
Breast pads  
Nipple cream to prevent cracking nipples (start using this a month before delivery—it helps!)  
Sanitary pads (super absorbent)  
PJs  
Soft toilet paper  
Squirt bottle and sitz tub  
Postpartum donut

**For Baby:**

Infant car seat  
Rear view mirror for car seat  
Sleepers (3)  
Going home outfit  
Receiving blanket (take the one from the hospital as a keepsake)  
Diapers, wipes (many hospitals do not provide these!)  
Socks  
Hat  
Sterilized pacifier

**Accessories for later on:**

Stroller with rain protector  
Baby swing  
High chair  
Exersaucer  
Baby record book/laptop

Pack n play  
Bouncing chair