**Hospital Bag: Mom**

**Wear to Hospital:** Yoga pants, flip flops, Sports bra, loose shirt

* Tucks pads
* [Bottom Balm](https://www.amazon.com/Earth-Mama-Angel-Baby-Bottom/dp/B01G93J6MO/ref%3Dsr_1_1_a_it?ie=UTF8&qid=1473707840&sr=8-1&keywords=earth%2Bmama%2Bbaby%2Bangel%2Bbottom%2Bbalm) and [Spray](https://www.amazon.com/dp/B00UU0DRSW?psc=1&smid=AQDFHNNRHRXZD)
* Wipes for bathroom
* Giant Pads
* Boppy pillow (with cover)
* Pillow, eye mask, ear plugs
* Blanket
* Towel
* Two or three comfy fluffy socks, slippers, flip flops
* XL Black Undies
* Nursing bras (target sports bra style)
* Nursing camis and a couple cardis
* Labor Clothes: dark, loose nursing sleep dress
* Dark, loose Button Down PJs & Nursing Sleep dress
* Going Home Clothes: Yoga pants and flowy maternity shirt
* Two to three pairs of leggings/yoga pants
* Two to three lose fit or button down shirts
* Bathroom essentials (toothbrush, paste, shampoo, conditioner, soap, sponge, makeup basics&remover, renew)
* Hair essentials (Hairbrush, hair ties, bobby pins (blow dryer))
* Chapstick, Mints, Gum
* Meds: Stool Softener, Citrucel, Tums, Tylenol, prenatals
* Robe
* Lansinoh nipple cream, nursing pads and [gel pads](https://www.amazon.com/Lansinoh-Soothies-Breastfeeding-Mothers-Count/dp/B002KGHUL4/ref%3Dsr_1_1_a_it?ie=UTF8&qid=1473708018&sr=8-1&keywords=lansinoh+soothies+gel+pads)
* Speaker
* Diffuser and Oils
* Binder: Preregistration, insurance, birth plan, list of past surgeries, positions to try, etc
* Wallet with driver’s license and health insurance card
* Headphones
* Focus point

**Hospital Bag: Dad**

* Bathroom essentials and towel
* Couple changes of clothes (button down for skin to skin, pants, shirt, sweats, boxers, socks)
* Pillow and Blanket for sleeping
* ALL Devices and Chargers (camera, phones, tablets)
* Cooler with snack foods for both
	+ Luna Bars and Pineapple juice for after
	+ Gatorade, Gator Cubes, Popsicles, BAI
* Gifts for nurses
* Massage tools
* Heating Pad

**Hospital Bag: Extras (Josh in charge of)**

* Breast pump
* Bag for dirty laundry
* Box or bag gifts, etc. (IN CAR)
* Car seat and cover (IN CAR)

**Hospital Bag: Baby**

* Going home outfit
* Baby book
* 2 burp clothes
* 2 swaddle blankets
* Diapers and wipes
* 3 onesies
* 1 fuzzy blanket
* 2 sleepers
* Hat&mittens
* *Fully Packed Diaper Bag*