




Kim's Hospital Bag Checklist

- A little prepared. A little cozy. A lot empowered -

For Mom...

- Photo Id
- Insurance Card
- Birth Plan (if you made one)
- Phone + Charge (long cord)
- Hair ties/headband
- Small fan
- Lip Balm (hospital air = dry)
- Toiletries (toothbrush/paste, face wash, shampoo, brush)
- Comfy going home outfit
- Nursing Bra
- Shower shoes
- Comfy blanket or favorite pillow from home
- Slippers or grippy socks
- Make up (if that makes you feel like YOU)
- COPY OF "WELCOME TO LABOR AND DELIVERY"** 

Bonus: Piece of Mind...

- Questions written down
- An open mind
- Flexibility
- Trust in your body
- Trust in your care team

Labor Snack + Stash... (for partner + after delivery)

- Protein Bars/Trail Mix
- Vending machine \$
- Crackers/Chips
- Electrolyte Drinks
- Gum/mints/candy
- Hoodie (it gets cold)
- Change of clothes

Fun + Connection...

- Deck of Cards
- Mini board games
- Books/Tablet/Kindle
- Download Movies/Playlist
- Headphone
- Journal

For Baby...

- Binkie/pacifier
- First blanket
- Car Seat
- Announcement Outfit

Prepared, not pressured

You don't need everything.. You just need what makes you feel safe, supported, and ready...