

Mom's Bag

- Pajamas:** 3-4 pair
- Robe**
- Socks:** 2-3 pair
- Underwear:** 4-6 pair
- Outfit Home**
- Nursing Tanks/Gowns**
- Nursing Bra** (if applicable)
- Nursing Pads**
- Nipple Cream**
- Pump** (keep in car)
- Shoes**
- Flip Flops** (cheapies)
- Towel**
- Pads** (organic, non-toxic)
- Hemorrhoid Treatment** (Mama Bottom Balm)
- Toiletries**
 - Body wash
 - Lotion
 - Deodorant
 - Toothbrush & Toothpaste
 - Lip Balm
 - Hair Brush
 - Hair Ties/Clips
 - Hair Dryer
 - Face Lotion/Oil
 - Contact Case, Solution, Glasses
 - Makeup Bag
- Documents**
 - Health Insurance Card
 - ID
 - Registration Forms
- Extras**
 - Pain reliever of choice
 - Medications/prenatal vitamins
 - Cash/Change
 - Phone Charger. Ipad Charger. Kindle Charger.
 - Camera & Camera Charger
 - Magazines, books, etc.
 - Gifts for your birthing staff
 - Snacks
 - Extra bag

Baby's Bag

- Cozy Blanket
- Swaddle Blanket
- Sleeping Gowns
- Footed Pajamas: 3-4 pair
- Outfit Home
- Socks
- Mittens
- Cap
- Pacifiers (if you're allowing)
- Diapers
- Bottles

