

Hospital Packing List



About a month before each baby's due date, I pack my bags for the hospital stay, so I'll be ready to hop in the car as soon as those contractions are coming hard and fast. Yes, I realize if I'd deliver my babies at home, I could skip this step, but I'm one of those rare women who look forward spending a few days in the maternity ward. I'm already used to being woken up several times a night, the nurses take great care of me, and I actually *like* hospital food. It's almost like taking a trip to the spa every other year, only I get to bring home a newborn once it's over. Who could ask for anything better than that?

Even so, there are several items that help make my time away from home more pleasant. The following list has been amended over the years as I have thought—usually during that stage of labor or recovery when it would be most inconvenient to run home and fetch it—“Why, oh why, didn't I remember to pack such-and-such?”

CLOTHING/ LINENS:

- a pretty nightgown
- extra pair of socks
- nursing bra and pads
- cotton underwear
- _____
- _____
- going-home outfit for mom
- going-home outfit for baby (one pink/ one blue?)
- a receiving blanket for baby
- favorite pillow for mom
- _____
- _____

TOILETRIES:

- lip balm (for chapped lips)
- toothbrush and toothpaste
- shampoo and conditioner
- hairbrush and hot rollers
- _____
- _____
- razor
- antiperspirant or deodorant
- prenatal vitamins
- make-up
- _____
- _____

MISCELLANEOUS:

- camera (plus battery charger)
- cell phone (for long distance calls)
- notebook with extra pens
- baby book (for visitors to sign)
- birth announcements
- thank-you notes
- _____
- _____
- stamps & return address labels
- address book
- Bible plus other reading material
- favorite music (on CD or iPod)
- treats/ gifts for siblings
- needlework project
- _____
- _____