

Bag prep for childbirth

Here's what you should pack before you go to the hospital.

- A picture ID (driver's license or passport), your insurance card, and any hospital paperwork
- Your birth plan (if you made one)
- Eyeglasses, if you wear them. Wear these instead of contact lenses, too. Much easier for this moment.
- A bathrobe, nightgown (or 2?), slippers, and cozy socks
- Items from home that help you relax - favorite pillow, some music to play, a book you love, etc.
- A camera or video camera with all necessary power equipment (batteries, charger, memory card)
- Toiletries
- Comfy shoes
- A change of regular clothes
- Snacks
- Money (credit card, cash, and quarters) for things like parking and vending machines
- A bathing suit in case you would like to take a bath or shower during your hours of labor
- Both nursing bras and regular bras - whether or not you breast feed, the breast will be tender and enlarged when the milk forms, so bras are necessary for comfort
- Multiple pairs of maternity pants (ones with a spandex or mesh waist bands)
- Any books you intend to read specifically on newborn care
- Gifts for older siblings
- A notepad/journal and a pen/paper if you wish to write down thoughts or parts of your experience
- A "returning home" outfit
- A pre-installed baby carseat
- A "returning home" outfit for the newborn
- A "receiving" blanket to swaddle the newborn