

# For Mommy

## FOR DURING LABOR:

- LIP BALM
- HAIR TIES
- SOCKS TO THROW AWAY
- BIG WATER BOTTLE WITH STRAW
- \_\_\_\_\_

## FOR POST LABOR:

- DARK STRETCHY PANTS X3
- DARK (FRONT OPENING) SHIRTS X3
- DARK SOCKS X3 (OR MORE)
- SLEEP NURSING BRA
- ROBE
- YOUR OWN PILLOW
- TOOTHBRUSH / TOOTHPASTE
- SHAMPOO / CONDITIONER
- BODY WASH / FACIAL CLEANSER
- MOISTURIZER
- DEODERANT
- HAIR DRYER / HAIRSPRAY
- BASIC MAKEUP
- BREASTPADS
- PHONE / CHARGER
- \_\_\_\_\_
- \_\_\_\_\_

## CHECK THAT THE HOSPITAL PROVIDES:

- GIANT MESH UNDERWEAR
- HUGE MAXI PADS
- PERRI-BOTTLE
- STOOL SOFTENERS

# For Daddy

- PILLOW / BLANKET
- TOOTHBRUSH / TOOTHPASTE
- SHAMPOO / BODY WASH
- SNACKS
- CAMERA
- PHONE / CHARGER
- BOOK OR MAGAZINE
- \_\_\_\_\_

## DAD'S JOB TO REMEMBER:

- MOM'S ID & INSURANCE
- WALLET / CASH

# For Baby

- SLEEPER / GOING HOME OUTFIT
- BLANKET
- \_\_\_\_\_
- \_\_\_\_\_

## CHECK THAT THE HOSPITAL PROVIDES:

- DIAPERS / VASELINE / WIPES

# Notes

---

---

---

---

---

---

---

---