



# What to Pack In Your Hospital Bag

## CHECK IN:

- ID/ Wallet
- Insurance Card
- Birth Plan

## CLOTHES:

- Nursing Bras or Tanks
- Stretchy Joggers or Leggings
- Front Opening PJs
- Robe
- Slip-On Shoes
- Cozy Socks
- Going Home Outfit

## EXTRAS:

- Nipple Balm
- Pillow
- Extra-long Phone Charger Cord
- Breast Pump
- Nursing Pads

## TOILETRIES:

- Toothbrush/Toothpaste
- Deodorant
- Face wash/wipes
- Makeup
- Hair ties
- Lip balm
- Lotion
- Glasses/Contacts
- Hair Products/Tools

## FOR BABY

- Car Seat
- Going Home Outfit (Swaddle, Sleeper)
- Going Home Blanket/s
- Hat / Mittens

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**Questions?**  
**Call The Birth Place at St. Anthony**  
**(712) 794-5260**