Have your bags (one for you, one for baby) packed and stashed in your front hall closet or by the front door by 37wks.

**Must-Haves:**

**[ ]** Insurance info and hospital birth plan (if you have one)

 **[ ]** A warm robe or sweater you don’t mind sacrificing to the cause

**[ ]** 2 maternity bras — no underwire — and nursing pads if using those

**[ ]** Lip balm (hospitals are very dry)

**[ ]** Toiletries and personal items — hairbrush, toothbrush, toothpaste, deodorant, face wash, makeup (as if), shampoo, conditioner, lotion, contact lens case and solution (remember, travel-sized products are your friends, but most hospitals supply the basics)

**[ ]** Eyeglasses

**[ ]** Headband or ponytail holder (avoid clips — they’ll probably poke you)

**[ ]** Sugar-free hard candy or lozenges to keep your mouth moist during labor (candy with sugar will make you thirsty)

**[ ]** Pen and paper

**[ ]** Lots of change or some cash for vending machines and non-perishable snacks (you’ll probably be hungry after labor, and the hospital cafeteria could be closed)

**[ ]** Cell phone and charger, phone numbers of people to call after birth, prepaid calling card (if your hospital doesn’t allow cell phones)

 **[ ]** A gym bag packed with non-perishable snacks, a change of clothes and basic hygiene products for your partner

**Take it or leave it:**

**[** **]** Extra pillow (with a case that can get ruined, in a pattern distinguishable from hospital white) and a warm blanket

**[ ]** Comfortable going-home clothes in six-month maternity size and flat shoes (or, just wear the clothes you came in… sorry, but they’ll probably still fit)

**[ ]** Bath towel (the hospital will likely supply a small, very thin one)

**[ ]** Hairdryer

**[ ]** Your favorite brand of soap, shampoo and heavy flow sanitary pads (the hospital supplies these things, but bring your own if you’re picky)

**[ ]** A few pairs of depends (the hospital will have disposable mesh undies, which some women find handy and others find gross)

**[ ]** A ruin-able nightgown (you can use those lovely hospital gowns, but your own might help you feel more human)

**[ ]** Slippers that can get dirty

**[ ]** Very light reading (think mags and newspapers, not War and Peace)

**[ ]** Your MP3 (or simply your phone loaded with your favorite music)

**[ ]** Massage oil and tools like rolling pins or tennis balls, and lucky or inspirational objects

**Leave Home:**

**[ ]** Any clothes or nighties you really like (they’ll likely get ruined)

**[ ]** Stopwatch (your nurse or a monitor will take care of timing contractions)

**What to Bring For Baby:**

**[ ]** Approved car seat

**[ ]** A coming-home outfit

**[ ]** Warm blankets (for the ride home)

**[ ]** Outdoor gear like a snowsuit and hat, as seasonally appropriate (remember, babies are extra sensitive to cold)

Adapted from: http://www.thebump.com/a/checklist-packing-a-hospital-bag