



What Do I Really Need? :: At the Hospital for Delivery

Take it from moms who've been through delivery before. These are the only things you'll really want for your hospital stay. Leave the rest at home.

Need

- Lip balm
- iPhone/iPad/Cameras (with Chargers)
- Robe
- Nursing tops (tanks and bras)
- Comfy bottoms
- Water bottle
- Toiletries
- Headband/ hair ties
- Flip flops for shower
- Slippers
- Going home outfit for newborn
- _____
- _____
- _____



Things You May Want to Ask For at the Hospital

- Donut Pillow
- Ice packs
- Cleansing bottle (aka a Peri bottle)
- Stool softener
- Visit with the lactation consultant
- _____
- _____
- _____