



Hospital Bag Must-Haves

The Light-Packer List

Mommy Essentials

- Toiletries:
Chapstick, toothbrush/paste,
hair ties, deodorant, brush
- Comfy socks
- Comfy clothes to go home in
(leggings, t-shirt, nursing bra)
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For Baby

- "Going home" outfit
- Binkie
- Socks
- Car seat
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Hospital Extras

(Things to ask for)

- Diapers
- Wipes
- Dermoplast
- Tucks pads
- Squirt bottle
- Pads/mesh panties
- "Frozen diapers"
- Baby's "firsts"
memorabilia
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Electronics

- Cell phone/charger
- Camera/charger
- iPod/tablet/laptop
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For Co-pilot

- Change of clothes
- Toiletries
- Snacks
- Pillow/blanket
- Insurance cards
- Birth plan for mom
- IDs
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Extra Extras

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