

The hospital where you'll give birth will provide some items you'll need. To make your stay a little more comfortable, however, a Well-Prepared Mommy™ should consider packing:

- Pajamas/Robe – You may not wish to take your finest PJs, but wearing your own vs. wearing a hospital gown could make a world of difference in how you feel post pregnancy.
- Slippers/socks
- Nursing bra and pads
- Underwear – You may prefer to wear the mesh undies the hospital provides, so you don't ruin yours, but bring some of your own along just in case.
- Sanitary napkins – The hospital will likely provide these too — but they're often extremely large. Pack smaller ones just in case.
- Toiletries:
  - Toothpaste
  - Toothbrush
  - Hairbrush
  - Soap
  - Shampoo, conditioner
  - Lotion
  - Lip balm
- Makeup – You won't have a lot of time to pretty yourself, but if you normally wear makeup (and feel better doing so), bring the basics so you can freshen up for photos and visitors.
- Your going-home outfit – You'll probably still need some of your maternity clothes or pants with a bit of stretch.
- Baby's going-home outfit – Make sure it's weather appropriate. (You can bring outfits for baby to wear in the hospital, but you really don't need to.)
- Cell phone or calling card – Also, bring a list of people to contact, if they're not already programmed in your phone.
- Camera, video camera – Make sure they're charged and bring extra batteries if necessary. The hospital may have guidelines about when and where you can take photos so be sure to check.
- Music player and music – Music can be a good distraction during labor.
- A focal point – You may wish to bring a photo, book, etc. to distract yourself during labor.
- Snacks – For you and your spouse. You likely will not be able to eat or drink much during labor, but you may be famished once baby is born. And, packing snacks for your spouse means he won't need to leave to hunt any down.
- Breastfeeding information – If you're planning to breastfeed, you may wish to bring along some information to help you; also check with your hospital to see if it has a lactation consultant on staff to visit you after the baby is born.
- Pillows – For you and your spouse.
- Baby book or journal – It's nice to have handy in case you have a moment to jot down some of baby's stats.

Note: Most hospital rooms are not terribly large so you won't have a lot of room. Try to pack conservatively (e.g., use travel sizes, etc.)