



**Hospital Bag Checklist
for the Whole Family**

*We polled our audience on Facebook
(Facebook.com/AdoreThemCommunity),
& here is what many experienced parents
recommended...*

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| <input type="checkbox"/> Lip balm | <input type="checkbox"/> DVDs (if your room has a DVD player) |
| <input type="checkbox"/> Lotion | <input type="checkbox"/> Baby book |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Tennis balls (to roll on your back for a massage) |
| <input type="checkbox"/> Toothbrush & toothpaste | <input type="checkbox"/> Socks |
| <input type="checkbox"/> Mints or gum | <input type="checkbox"/> Baggy sweatpants |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Nursing tops |
| <input type="checkbox"/> Hair ties | <input type="checkbox"/> Bathrobe |
| <input type="checkbox"/> Body wipes | <input type="checkbox"/> Flip flops or slippers |
| <input type="checkbox"/> Minimal makeup | <input type="checkbox"/> Newborn outfit (to go home in) |
| <input type="checkbox"/> Phone charger (portable phone chargers are even better) | <input type="checkbox"/> Boppy pillow or Proper Posie baby lounger |
| <input type="checkbox"/> Camera | <input type="checkbox"/> Infant carseat |
| <input type="checkbox"/> Laptop or iPad | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Things to Consider...

<p>Don't Over-Pack: While it is nice to have everything you need, it is important to note that over-packing can sometimes be more of a problem than under-packing. If you are missing an item, you can always send a loved one out to pick it up for you!</p>	<p>Hospital Stay: When packing your hospital bag, you will want to consider how long you might be staying there. You may need a c section, which requires a longer hospital stay; or you might be out of the hospital in just a day or so!</p>
<p>Hospital Items: Childbirth is a messy ordeal. The hospital provides you with gowns, pads, disposable underwear, diapers, wipes, pillows, blankets, & more. Oftentimes, it is helpful to use these items rather than bring your own.</p>	<p>Don't Forget Dad: A lot of times we are so focused on Mom & Baby that we forget to pack anything for Dad. This can be a long & stressful process for him as well so things like snacks, water bottles, & changes of clothes can be very helpful to keep him helpful & supportive throughout the process.</p>

Best wishes to you & your precious growing family from all of us at Adore Them!