

# *BTB* Hospital Checklist

Your bags should be packed two weeks prior to your expected due date.

## **For you:**

- Change outfit
- Ear plugs
- Decent hairdryer
- Lansinoh nipple cream
- Nursing bra & pads
- Pillow in unique case
- Robe
- Sandals (feet may be swollen)
- Slippers
- Socks – 4 pairs
- Toiletries

## **For baby:**

- Bunting
- Car seat
- Coming home outfit
- Diapers (newborn)
- Receiving blanket

## **Other helpful items:**

- Bedding for your partner
- Camera with charger
- Cellphones and charger
- Hard candy
- iPod and docking station
- Games
- Magazines
- Laptop
- Snacks for your partner
- Sports drinks
- Video camera

Arrange pet feedings and remember, **eat before you leave home!**