

BTB Hospital Checklist

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

For you:

- Birth plan – 3 copies
- Change outfit
- Ear plugs
- Decent hair dryer
- Lansinoh nipple cream
- Nursing bra & pads
- Pillow in unique case
- Robe
- Sandals (feet may be swollen)
- Slippers
- Socks – 4 pair
- Toiletries

For baby:

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

Other helpful items:

- Bedding for partner
- Camera with charger
- Cellphones and charger
- Coconut water / sports drinks
- Hard candy
- Games
- Laptop
- Magazines
- Snacks
- Speakers

It works well to pack in one large roller bag ~ **eat before you leave home!**