



whats in your bag

WHAT YOU SHOULD BRING TO THE HOSPITAL

Babies make us so happy! For many of us, it's what we've been doing for years—delivering babies and watching families grow. It's what we love to do. Hi! My name is Nichole, and I am a labor nurse of over 16 years.

I know I speak for labor nurses everywhere when I say, “We can't wait for you to come & deliver with us!” We are getting your room ready, we are preparing the baby bassinet with extra blankets and diapers, we are laying out the linens for your mom, husband, sister, or partner to cozy up in that make-shift bed next to you.

There is a lot going on in the world right now, but **YOU** have a lot going on too. Daily, we are overloaded with information and it may difficult to manage it all. Each hospital may have it's own set of rules and regulations, but one thing remains certain ... Labor and Delivery nurses everywhere are as excited as ever for you to have your baby! I want you to know you are loved and supported, even if you don't deliver at my hospital!

Because the current hospital landscape is ever-changing, I wanted to get this resource in your hands today. So Mama, relax and enjoy every precious moment. To help make your birth experience extra special, at a time that could otherwise feel overwhelming, I've lovingly put together this list of hospital must-haves.




xo
nichole



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WHAT YOU SHOULD BRING TO THE HOSPITAL

- Pillow & Blanket
- Nightgown (or 3), Socks, Slippers, Robe, Nursing Tanks or Nursing Bra & Flip Flops
- Undies That Will Hold Pads
- Essential Oil Diffuser
- Scents You Love (Essential Oils)
- Noisemaker or USB Fan
- Small Humidifier (to keep hospital room humidified for baby)
- Comfy Clothes for Your Partner
- Toiletries, Hair Ties, Chapstick & Dry Shampoo
- Baby clothes for baby if you prefer your own cute clothes
- Cell Phones, Cameras & Batteries
- ID and Insurance Card
- Extra-long Charging Cord
- Bluetooth Speaker
- Enough clothes for 3-4 days if you plan to wear your own
- Any special clothes or props you would like for newborn photos, if you choose to have them
- Going home outfit for you & baby
- Car seat for discharge day
- Lots of snacks for both you & your partner, plus mints & gum
- Passwords you might need to access online accounts
- Laptop, iPad & Chargers
- Cash just in case
- Contacts, glasses & anything extra you use as part of your daily routine
- Pack like you are going to a VRBO that doesn't have ALL of the comforts of home



What to do if you have anxiety about delivering at a hospital: *Breathe.*

I would encourage you to call the hospital where you are delivering and ask to speak to a labor nurse who works on the unit. Ask her the questions you have, she'll be able to tell you exactly what the latest 'rules' are. Getting your questions answered will put your mind at ease. Plus, this provides you the opportunity to make plans for pets and/or other children at home while you're away.

Know that we love you and we want this to be the most memorable & beautiful experience!