



The Center for New & Expectant Parents

## Going to the Hospital and for the Early Days at Home

### Hospital Bag

- Relaxation items, meditation CD,  
music, books, etc.
- Warm socks
- Massage oil
- Chapstick
- Hard candy (like Preggie Pops)
- Glasses or contact lens care
- Snacks for partner
- Camera, extra batteries
- List of phone numbers to call
- Change of clothes (his/hers/baby)
- Nursing bra/tank, nursing pads,  
nipple cream
- Nightgown that opens for nursing
- Single-use disposable panties
- Slippers
- Going-home clothes for baby & mom  
(second trimester clothes)
- Car seat (install before labor!)

### Birth Recovery

- Single-use panties
- Feme Pad blue-ice pack
- Postpartum support belt
- Stiz bath or spray
- Stretch mark cream
- New Mother's Essentials  
Vitamins & Minerals™

### C-section Recovery

- C-Panty silicon dressing
- Incision healing salve
- C-section recovery book
- Pumpin Pal tilted flanges for breast pump
- Postpartum belly binder
- New Mother's Essential  
Vitamins & Minerals™