

### For You

- Few sets of loose and comfortable knickers
- Bathroom robes
- Nursing bras
- Nursing pads
- Sanitary pads
- Toiletries
- Blanket & Pillow
- Socks and comfortable footwear
- Towel
- Cell phone, charger and headphone
- Breast pump
- Breast or nipple cream
- Outfit to wear to home
- Music
- Tablet computer
- Fiber rich snacks to prevent constipation
- Eye mask & Ear plugs
- Fun magazines
- Album of family photos
- Baby care handbooks

### For Newborn

- Baby Clothes
- Cute outfit, wear on the day of going home
- Receiving blanket
- Bibs
- Baby mittens
- Baby nail clippers
- Infant diapers
- Baby cap
- Infant feeding bottle
- Snowsuits and jackets – if it is wintery and snowy
- Infant car seat

### Add Your List

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### For Birth Partner

- Wallet and identification papers
- Phone, charger and headphone
- Digital Camera
- Toiletries
- Snacks and drinks
- Comfortable pair of clothes and shoes
- Blanket & Pillow