



HOSPITAL BAG CHECKLIST

Double-check
so you **don't** forget!

✓ **Thyme Essentials for Mom**

- Nursing bra (for day)
- Nursing bralette (for night)
- Panties
- Birthing gown
- Sleepwear
- Robe
- Nursing cami
- Nursing tops
- Layering piece
- Legging or yoga pant
- Tankini (for water birth)
- Marcelle for Thyme Nursing Nipple Balm
- Marcelle for Thyme Firming Cream
- Nursing pads
- Nursing scarf
- Nursing pillow
- Diaper bag
- Other: _____

✓ **For Mom**

- Prenatal medical records
- Health insurance card
- Hospital card
- Birth plan (if you have one)
- Slippers
- Socks
- Headband or hair elastic and brush
- Usual toiletries and make-up
- Lip balm (you'll be SO glad to have: the hospital air is very dry!)
- Glasses/contacts and case/solution
- Maxi pads
- Phone and charger
- Music, iPad, magazines & books

✓ **For Baby**

- Diapers, wipes & diaper rash cream
- 2 or 3 one piece PJs
- Going home outfit (onesie, pants, cardigan, hat & socks)
- Scratch mitts and hat
- Jacket suitable to the weather
- 2 or 3 swaddling blankets
- 1 or 2 receiving blanket
- Infant car seat

✓ **For your better half**

- Phone and charger
- Camera or video camera
- Music, iPad, magazines & books
- Snacks and drinks
- Change for the vending machine
- List of people to call
- Usual toiletries
- Marcelle for Thyme Moisturizing Body Oil (to pamper you!)
- Change of clothes
- Bathing suit (for water birth)