



# B A B Y C A R A V A N

F O R T H E N E W P A R E N T

## Hospital Pack List for Doula Clients

### For Mama

Medications/ prenatal vitamins  
Personal toiletries  
No jewelry of value  
Slippers that you can throw away  
Warm socks  
Nursing bras  
Outfit to wear home  
(comfortable/maternity clothes)  
Cosmetics  
2 extra pillows  
Belly binding band- optional  
Breastfeeding book for reference  
Contact lenses/solution/case  
Birth plan/preferences  
Camera/charger/batteries  
Phone charger/extension cord  
Portable speakers/relaxing music  
Birth ball  
Eye mask/ear plugs

### For Partner

Handy snacks  
Hydrating drinks  
Toiletries  
Change of clothes  
Call/email list to announce birth  
Pre-registration paperwork if applicable  
Breath mints  
Comfy shoes  
Extra sweater/sweatshirt- dress in layers  
Phone charger

Treats for the nurses

### For your baby

Outfit to come home  
Extra outfit  
Receiving blankets  
Hat  
Socks  
Undershirt/ onesie (2)  
Mittens  
Infant car seat

### Things to keep handy

Favorite lotion  
Chapstick or lip ointment  
Hair ties or clips  
Comb or hairbrush

### Snack List- sample for partner

Gatorade/recharge- for mom  
Coconut water- for mom  
Food bars  
Dried fruit  
Nuts  
Apples/oranges/bananas  
Instant miso soup/small containers of  
chicken broth  
Yogurt  
Hummus and crackers

