

For Mom

- ID & insurance card
- Copies of birth plan
- Pediatrician contact information
- Toiletries
- Postpartum pads
- Disposable underwear
- Robe
- Labor & delivery gown
- Slippers or grip socks
- Going home outfit
- Walking shoes
- Hospital bag

Nursing

- Breast pump
- Bottles
- Nipple cream
- Nursing bras
- Nursing pads
- Nursing pillow

C-Section recovery

- Abdominal binder
- C-section postpartum underwear
- Scar patches

For Partner

- ID & insurance card
- Change of clothes
- Sleepwear
- Toiletries
- Pillow & blanket
- Drinks & snacks
- Entertainment

Planning for a VBAC

- VBAC birth plan
- Previous C-section records
- Medical history documents
- Back-up C-Section supplies

For Baby

- Infant car seat
- Going home outfit: Newborn size
- Going home outfit: 0-3M size
- Swaddles
- Burp cloths
- Baby mittens
- Baby hat