

READY, SET... BABY!

What to Pack in Your Go Bag

Don't wait for contractions to start scrambling. Pack your hospital bag early so you can head in calm, confident and ready to meet your baby.

MOM'S MUST-HAVES

- ⊕ **Insurance Card and Photo ID** - This is required to check in at the hospital.
- ⊕ **Birth Plan (If You've Written One)** - A short guide to your preferences for labor, delivery and postpartum care.
- ⊕ **Loose, Comfy Clothes for Going Home** - Your body won't bounce back instantly. Soft and stretchy is best.
- ⊕ **Toiletries: Toothbrush, Face Wipes, Deodorant** - Basic items to help you feel refreshed after labor.

Quick Tip: Bring a long phone charger and your favorite snack for post-delivery energy.

PARTNER'S MUST-HAVES

- ⊕ **Change of Clothes** - They will likely be there overnight or longer.
- ⊕ **Toiletries: Toothbrush, Face Wipes, Deodorant** - Having their own helps them stay fresh and focused on supporting you.
- ⊕ **Pillow and Small Blanket** - Hospital extras are limited. These help them rest better.
- ⊕ **Snacks and a Refillable Water Bottle** - Keep their energy and hydration up while aiding you.

Quick Tip: A prepared partner = a calmer experience for everyone.

BABY'S MUST-HAVES

- ⊕ **1-2 going-home outfits (NB and 0-3M sizes)** - Babies can have accidents or spit up. Bring a backup just in case.
- ⊕ **Swaddle or Receiving Blanket** - Newborns can't regulate their temperature and need help staying warm.
- ⊕ **If Bottle-Feeding: Bring Preferred Bottles or Formula** - Hospitals may not stock your brand of choice.
- ⊕ **Installed Infant Car Seat** - Hospitals will check that it's properly secured before you leave.

Quick Tip: Wash baby's clothes and blankets in gentle detergent before packing.

HELPFUL EXTRAS

- ⊕ Essential oil or lotion for relaxation
- ⊕ Small fan or cooling spray
- ⊕ Journal for notes, prayers or baby's first moments
- ⊕ Scripture or devotional card to ground you

You've Got This. Prep now can help you stay focused on what matters most: welcoming your little one with joy and confidence.

