



WHIT'S
PICK

HOSPITAL BAG PACKING LIST

Must-Haves

- Weekender Bag
- Nightgown or PJ's with easy chest access
- Slippers or slides
- Robe
- Comfortable underwear
- Hair ties
- Toiletries and toiletry bag
- Ear plugs
- Car seat
- Coming home outfit for mom
- Coming home outfit for baby
- Camera
- Snacks
- Nipple cream / nipple pads
- Nursing pillow

Nice to Haves

- Pillow case
- Eye mask
- Sleepbelt
- Soft towels
- Compression garment
- Birth ball
- Soft toilet paper
- Aromatherapy diffuser and chosen essential oils + massage oil
- Electric candles

From the Baby Registry Essential Series with

Gugu Guru[®]