

{ mom and baby's bag checklist

Once the contractions begin, you're off, so take a moment to prepare ahead of time.

for baby

- socks or booties
- undershirt and diapers
- sleeper (bunting) with legs to fit in car seat
- receiving blanket
- cap

for mom

- favorite pillow
- music and reading material
- rice sock
- sanitary napkins
- contact lenses and glasses
- bathrobe and slippers
- pajamas and nursing bra
- hairbrush and dryer
- unscented massage oil or lotion
- favorite snacks
- special aids (such as a birth ball)
- toothbrush, toothpaste, lip balm
- cosmetics
- warm socks and underwear
- loose clothes for going home
- soap, deodorant, shampoo, conditioner

