



8 Things to Pack in Your Hospital Bag!



The day your newborn arrives will be one of the most exciting of your life – and hectic. You know that, and you’ve probably already started planning your “hospital bag” with everything you’ll need for the big day. We’ve put this list together with some of the most important things you won’t want to leave out!

Clothes for You

You likely don’t want to spend the entirety of your stay in a hospital gown! A cozy robe and slippers are a great idea. Some moms like to bring their own hospital gown. You’ll want a change of clothes for your trip home with your newborn. Whatever you decide you need, set it aside sooner rather than later!

Phone Chargers

Don’t leave this one to chance! You might remember to unplug your chargers and toss them in your bag – or you might not, and then you’ll just be adding unnecessary stress to the process of reaching out to loved ones on the big day. Put a phone charger in your hospital bag and leave it there!

Toiletries

This one seems pretty obvious, but we think it’s worth mentioning. Different moms want to bring different things with them, like face wipes, a toothbrush, or makeup, but the specifics don’t really matter – toiletries are not an easy thing to grab and throw in a bag while trying to get out the door quickly.

A Nursing Bra

Or a bra one size up, if you’re planning on bottle feeding. Baby is going to need to eat right away, so come prepared! Some moms bring their breast pump with them, too. You’ll already own these things, so you don’t want to be looking for last-minute replacements when baby arrives!

Diversions

You don’t know how long it will take for baby to arrive, so bring a magazine, a deck of cards, a book, your tablet: something that will help you pass the time.

Snacks

A lot of moms aren’t exactly excited to eat hospital food after delivery. Bringing a snack or two that you can eat quickly when you have a moment is convenient, and you’ll want all of the energy you can get!

Baby’s Outfits

This sounds obvious, but don’t forget something for baby to wear home! Messes happen, so we suggest you bring more than one option!

Cord Blood Collection Kit

If you’re banking your newborn’s cord blood, this is definitely something to pack as soon as you can. But if you do forget it, Americord can help get one directly to you at the hospital!

This list isn’t exhaustive, but we hope it helps you prepare for your big day! If you’re interested in learning more about cord blood banking and stem cell medicine, we’re committed to helping people live healthier, longer lives and are always available to answer any questions you may have!