



memphis moms blog's

we're having a baby

packing list

For Mom...

- PJs
- robe
- comfy clothes for going home
- cotton, full-coverage underwear
- nursing tanks & bras**
- lanolin**
- breast pads**
- shampoo & conditioner
- toothbrush & toothpaste
- mild dye-free soap or body wash
- flip flops and/or slipper
- socks

For Baby...

- hat(s)
- coming home outfit
- swaddle blanket
- soft, easy outfits (2-3)
- mittens
- socks
- burp cloths
- Boppy pillow
- extra blankets

Dad's responsibilities...

- camera
- phone
- wallet with Mom's photo ID and insurance card
- phone chargers
- snacks
- large cup with straw
- extra clothes for themselves (who knows how long labor will last?)
- toothbrush & toothpaste
- books/magazines (for Mom, too!)

**items to be included for breastfeeding mamas