



Baby "Go Bag"

For Mom:

- ID/wallet/insurance card
- Healthcare provider's contact information (name/phone number)
- Phone and charger (with extra-long cord)
- Glasses or contact lenses and case
- Robe, socks, and slippers
- Hair ties, headbands
- Focal point (ex: ultrasound or vacation photo)
- Massage lotion and tools
- Hard sour candy lollipops (ex: Charms Sweet 'N Sour Pops)
- Nursing bras or tanks
- Breast pads
- Comfortable pajamas or gown
- Loose, comfortable clothing to wear home

Support Person:

- Snacks and beverages (or refillable water bottle)
- Gum/mints
- Cash/credit card for vending machine
- Phone and charger (with extra-long cord)
- Change of clothes
- Toiletries (for both):
 - Toothbrush/toothpaste
 - Deodorant/antiperspirant
 - Shampoo/conditioner
 - Body wash/soap/face wash
 - Lip balm
 - Cosmetics (if they are part of your daily routine)

For Baby:

- Car seat – installed in your vehicle
- Pediatrician contact info
- Going home outfit
- Receiving blanket
- Baby book for footprints