THE JAX baby COMPANY

Hospital Birth Bag Basics

Essentials:

CHAPSTICK
FLUIDS & SNACKS
1-2 BENDY STRAWS
MINTS/HARD CANDY
1-2 HAIR TIES & HAIR BRUSH
SWIM SUIT (FOR THE BIRTH PARTNER)
PHONE WITH APPS FOR LABOR
PHONE CHARGER
CAMERA
ICE BAG
DO NOT DISTURB SIGN
TENNIS BALL
GOING HOME OUTFIT (MOM AND BABY)
BIRTH OR YOGA BALL
UNSCENTED LOTION
+ BIRTH AFFIRMATIONS

Items to consider:

BABY BOOK/ KEEPSAKE (FEET PRINTS)
COMFY GOWN (OPEN IN FRONT IF PLANNING TO BREASTFEED)
SLIPPERS
NURSING BRA & 2-4 PADS