



Prepare those pregnancy bags ... all 3!

Momma, Daddy, and your little one should have bags packed for your hospital visit, so follow these tips and you'll have everything you need:

Momma's birth bag:

- Easily digested foods such as bananas, granola, protein bars, or crackers
- Water or sports drink in a water bottle
- Labor shirt or robe (something you wouldn't mind getting dirty)
- Socks, slippers, or flip-flops
- Rice sock (place uncooked rice in a sock, microwave is available to heat)
- Music playlist (on your phone) and bluetooth speaker
- Baby book with the footprint page flagged
- Camera (most smartphones have high-quality cameras), video camera
- List of phone numbers for Dad to contact after birth
- Massage lotion and/or essential oils (diffuser available)
- Bath pillow; your own bed pillow; nursing crescent pillow
- Toiletries
- Pajamas for postpartum (something you wouldn't mind getting dirty)
- Sports bra or nursing bra

Daddy's bag:

- Food and beverages – dads will need nourishment, too!
- Two changes of comfortable clothing
- Pajamas
- Toiletries including shaving supplies and deodorant

Baby's bag:

- Outfit to go home
- Blanket
- Car seat (not for the bag, but this is a must!)



We Deliver Expert Care, Compassion, Solutions, Convenience, and Options

WWW.WHCILLINOIS.COM 708-425-1907