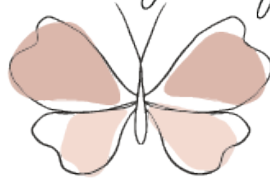


The Penny Effect



Labour, Birth & Postpartum Doula

What to pack for your newborn

Packing your hospital bag can feel overwhelming. What if I don't bring enough? What if I bring too much? Will the nurses judge me for what I do or don't bring?

Here are a few tips and tricks for you to use as a checklist & suggestions for what to bring to the hospital or birthing centre for your newborn baby.

Expect to stay in the hospital for 24-48 hours after birth depending on the type of delivery you have.

- ☐ Diaper Bag
- ☐ Onesies 2-3
- ☐ Sleeper
- ☐ Swaddle Blankets 1-2
- ☐ Newborn Diapers
- ☐ Baby wipes
- ☐ Diaper Cream
- ☐ Pacifier
- ☐ Going home outfit
- ☐ Mittens
- ☐ Socks
- ☐ Toque
- ☐ Car Seat
- ☐ Car Seat Cover - if having a baby in the winter

Optional Items Include:

- ☐ Breast Pump
- ☐ Nipple Cream
- ☐ Colostrum Collecting Kit

Happy Packing!