

Bumps to Bigs



Hospital Bag Essentials: The “I’m Ready-ish” Edition

For the Birthing Parent

- ID, insurance card, birth plan (and the courage of a thousand snack-fueled warriors)
- Comfortable clothes for labor and post-baby lounging (think loose, soft, and forgiving)
- Robe or cardigan for warmth and modest hallway strolls
- Non-slip socks or slippers—because hospital floors are not a runway
- Lip balm & lotion (hospitals = dry air + dramatic selfies)
- Hair ties or headband to tame the “I’m pushing a human out” look
- Toiletries: toothbrush, face wash, deodorant, dry shampoo, etc.
- Phone charger—preferably with a long cord for awkward outlet placement
- Snacks (for after delivery or for your support person during the wait)
- Water bottle with a straw—hydration is heroic

For Baby

- Going-home outfit (adorable and weather-appropriate)
- Receiving blanket or swaddle
- Hat & socks (tiny and heart-melting)
- Diapers & wipes (though hospitals usually provide these)
- Car seat—installed and ready to roll

For Your Support Person

- Change of clothes (they’ll thank you later)
- Snacks & drinks (labor is long, vending machines are cruel)

- Entertainment: book, tablet, playlist, or crossword puzzle
- Toiletries if they're staying overnight

 Optional but Nice-to-Have

- Nursing bra or tank
- Pillow from home (with a non-white pillowcase so it doesn't get lost)
- Eye mask & earplugs for rest between the chaos
- Notebook or journal to capture those first surreal moments
- Essential oils or calming items if you're into that vibe
- Celebration outfit or sign for baby's first photo op

Visit www.Bumpstobigs.com for more information