

# Show Notes

## Episode 108

Packing the hospital bag can be an exciting, yet nerve-wracking time for first time parents. As victims of "over-packing syndrome" Emily and Sam chat about the things they used, didn't use, and forgot in their hospital bags.



## Essential Hospital Bag Items to Include

- Extra-Long Phone Charger
- Change for Vending Machine
- Chapstick
- Extra Hair Ties
- Comfy Pillows
- Formula/Bottles/Pacifiers
- Glasses/Contact Lenses
- Birth Plan (multiple copies)
- Insurance Cards
- Comfy Clothes for Postpartum
- Hobbies/Book/Tablet
- Baby Book to get Foot Prints

**Remember to check with your hospital to see what they supply for families during their stay.**

**Download our FREE Hospital Bag Checklist here:**

[Omaha Better Birth Project - Hospital Bag Checklist](#)

**To learn more about Omaha Better Birth Project, visit [www.omahabetterbirth.org](http://www.omahabetterbirth.org)**