

Hospital Check list

FOR MAMA

- Medical Card
- Few printed copies of birth plan & information about EB
- Lip chap
- Sugar free hard candy
- Water bottle with straw
- Robe & slippers
- Shower sandals
- Socks with grips
- Nursing \ Sports bra
- Breast Pads
- Eye Pillow\ear plugs
- Pillow from home
- Comfortable nightwear that allows skin to skin
- Tooth brush, tooth paste, shampoo and soap, hairbrush, deodorant, lotion
- Hair elastic\ head band
- Full size underwear \ disposable underwear
- Heavy duty pads
- Relaxing entertainment\ magazine
- Phone charger

EB SPECIALTY ITEMS

- Your own soft hospital gown
- Nipple Butter
- Medicated creams\ shampoo
- Nipple shields
- Niltac
- Bandages\ Mepilex
- A few extra large bandage options if you need a C-section
- Soothing wipes
- Full size period proof underwear
- Peri bottle

FOR BABY

- 3-4 receiving blankets
- 1 blanket
- 1 small package of newborn diapers and size 1
- Wet wipes
- Going home outfit
- Car seat
- Hat & scratch mitts

EB SPECIALTY ITEMS

- Sheep Skin pad
- Skinnies therapeutic newborn outfit
- Footless Sleepers, Size newborn and 0-3 Month
- Socks\ booties
- Small bandages\ Mepilex
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- Baby Frida soft brush for cradle cap
- Car seat padding

FOR PARTNER

- Snacks
- Pillow
- Blanket
- 2 changes of clothes
- Sweater
- Toiletries
- Glasses\ Contacts
- Phone charger
- Camera
- Entertainment\ book