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# Hospital Bag Must-Haves for the Mom to Be

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## Your Maternity Ward Essentials Checklist



[Tricia Chaves](#), Yahoo Contributor Network  
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When preparing for childbirth, a well-stocked hospital bag will ensure you stay comfortable and connected during childbirth and in the hours before you return to your nest with your bundle of joy. In addition to comfy clothing for your trip from hospital back home for you and your little one, there are a handful of must-have items you won't want to leave behind.

### **Deliver Like a Diva**

A simple ponytail can help you keep your cool during delivery, but giving your tresses a quick twirl in [The Hunny Bun](#) is a fast way to add a dash of panache - creating a hairstyle like a top knot or ballerina bun to make you picture-ready for those first photos with your newest family member.

Frumpy hospital gowns are far from haute couture and can leave your backside exposed to boot. [Pretty Pushers](#) labor and delivery gown is a one-size-fits-all solution that offers the comfort of a t-shirt with the style of a halter dress and discreet openings that enable the insertion of an epidural and fetal monitors without any embarrassing fallout. A two-pack of [postpartum underwear](#) and nursing pads are available in coordinating colors, too.

### **Lozenges for Labor**

Your fluid intake will be nixed by your doctor in the delivery room, leaving your moth as dry as the Sahara. Packing some [Preggie Pops](#) - hard candies formulated with natural ingredients and essential oils - will help ward off discomfort. Earlier in your pregnancy, these delicious droplets are also effective in fighting nausea and easing morning sickness.

### **Keeping Connected**

According to April Masini, author of the '[Ask April](#)' advice column, one of the most important things new moms want in the hospital is a phone with good reception. There are many times when hospital phones only work for local calling, or it's a while before a new mom is transferred to a room with a phone. If possible, check reception in advance while touring the maternity ward and bring two phone chargers to ensure your battery never dies.

### **Calm Your Complexion**

Itchy skin is a common side effect of anesthesia administered in an epidural. If the urge to scratch strikes, a shot of La Roche-Posay [Thermal Spring Water](#) can offer natural relief for your face. It's at the base of most of La Roche-Posay's products and contains a unique combination of mineral salts and trace elements scientifically proven to provide soothing properties.

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### **Treats and Toiletries**

A Push Pack [prepacked hospital bag](#) is loaded with post-birth necessities for a new mom like disposable panties, sanitary products, eco-friendly bath products and snacks, plus items to pass the time like playing cards and thank you stationery. If you're giving this item as a baby shower gift, it's well worth springing for the Princess Push Pack, which is elegantly packaged in a fold out toiletry bag from Apple and Bee.

For a last-minute trim to your nether region before giving birth or a comfortable underarm shave in your first shower after labor, the [Schick Intuition](#) razor is a space-saving solution that gets the job done without the added bulk of packing a separate can of shaving gel.

### **An Ounce of Prevention**

Bacteria brought in by visitors and hospital-acquired infections, or HAIs, can be reduced by 23.1% when using [ZylastXP](#) hand sanitizer. It will kill germs on contact and will last for six hours, unlike other sanitizers that can stop working as soon as 15 seconds after applying.

### **Pack It Up**

Once you've gathered all your necessities, corral it all together in style with a [Zip-Top Organizing Utility Tote](#) from Thirty-One Gifts. It's available in a range of prints and can be personalized with your monogram or baby's name. This cool carry-all has a roomy zip-top main compartment and seven exterior pockets making it an ideal accessory for delivery day that can do double-duty as a diaper bag, too.

### **DISCLOSURE OF MATERIAL CONNECTION:**

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Published by [Tricia Chaves](#)

*Tricia Chaves began her writing career after working in advertising and promotions for entertainment publisher "The New Times." In 2005, she earned her real-estate salesperson license from the stat... [View profile](#)*

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### **How to Deal with All-Day "Morning" Sickness**

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