



A Budget-Friendly Guide for Packing your Birthing Go Bag for the Hospital

Welcoming a new baby is a joyous occasion, but it can also be a stressful time for parents as they rush to take care of all the tasks that will help them feel prepared on the big day. You have already focused on [setting up the nursery](#) without breaking the bank. Now it's time to focus on packing a bag for the hospital that holds everything you, your partner, and your baby will need.

This brief guide discusses how to pack your hospital bag in order to make your time at the hospital more comfortable — without spending a ton of money.

Take Care

It's [important to consider your comfort](#) during the hospital stay before, during, and after giving birth. While the definition of comfort is different for everyone, a few ways to make the hospital stay easier include packing lip balm, warm slippers, a robe, and towels, as well as a [good Kindle book to read](#) to help pass the time.

Partners should include a few things for themselves in the bag, as well. Inexpensive, healthy snacks will keep energy up and prevent spending money at the vending machines, while an extra-long or wireless phone charger or a power bank will ensure that you're able to play music,

take photos, watch videos, and communicate with friends and loved ones throughout the entire stay.

It's also a good idea to pack a laptop or tablet. These devices can provide endless entertainment, and they can allow you to [address some important work](#) while you wait because labor can take hours, if not days, before "go time." A tablet can be an inexpensive option if you are looking to stream shows or movies, and send some emails. But there are also lower end laptops if you expect to need to type up documents or do more elaborate things for work.

Plan for Baby

The ideal baby bag is different for everyone, but it's best to ensure that you've got a few outfit changes for photos. This can be tricky as you'll have to guess at sizing, so bring a couple of options. If you'll be breastfeeding, consider bringing a budget-friendly nursing pillow to make things more comfortable and to ease the pressure on your shoulders and back.

The hospital will provide many things for you during your stay, like blankets, little hats, wipes, diapers, and other essentials. In fact, it's a good idea to bring an extra bag for all the [free items you'll be getting](#) from the hospital, including those extra diapers and wipes.

Think Beyond What You Can Pack

There are a few things you'll want to prepare for the hospital that aren't necessarily physical items. Partners can create a plan to help mom stay relaxed, [such as offering gentle massages](#) or playing a soothing song playlist. You don't have to spend a ton of money on items to get through this time — simply offering a hand to hold, a reassuring word, and some loving attention can greatly help a mother endure the painful and sometimes stressful process of childbirth.

The new mom will also experience a range of emotions during labor, birth, and bonding. It's best to express those emotions instead of holding them in. Talk with your partner about this process, including your fears, before the big day. You won't be able to predict everything you'll feel, but talking through some emotions and how you might like your partner to support you can help things go more smoothly in the moment.

Treat Yourself

Running In Triangles points out that many mothers have a [hard time with self-confidence](#) just after giving birth, as it takes time for the body to heal and rest. One easy way to boost your esteem is to treat yourself to a couple of new outfits or mix-and-match pieces that you can add to your hospital bag to make you feel both comfortable and beautiful. Not only will new clothing help you feel better about yourself, but you can rest assured that you'll look perfect in photos with your baby.

Preparing for a new baby is a lot of work, and it's easy to get caught up in the planning and forget to take care of yourself. Both parents should take time to focus on their health and wellbeing during this time to keep energy levels up and to ensure that the entire family is healthy. The best part is it doesn't even have to break the bank.

[StartStrong Clark County](#) is dedicated to ensuring mothers have healthy pregnancies. Visit our site for educational resources to help you as you enter parenthood.

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