



**Packing Your Hospital Bag: A Guide for First Pregnancies by Dr. Erika Billick, MD, Ph.D.**



Photo features Florentina Hanisch, #1 World Champion for Women’s Platform Tennis, on ShareLove.Fund’s yoga mat, available for purchase. <https://sharelove.fund/shop/p/yoga-mat>

**Suggested Packing List for Hospital Delivery**

Phone Charger with Extra Long Extension Cord!/Headphones	Gatorade/Electrolyte Drink or Powder with Water Bottle /Coconut Water
Flip Flops for Shower/Towel/Robe	Hard Candies/Snacks/Soup Broth
Heating Pad and Extension Cord (Ask your hospital first if they permit it.)	Popsicles Tea Bags & Honey
Hair Conditioner/Hair Brush	Aquaphor/Vaseline
Toothbrush/Toothpaste	2 Baby Outfits in NB and 1 Month Sizes
Lip Balm/Makeup/Face Wipes/Hair Tie	Rounded Pacifiers/WubbaNub or Lovie
Nightgown/Ear Plugs/Eye Mask	Cute Hat/Headband for Baby Pictures
Pumping/Nursing Bras/Supported Tank Tops	2 extra bags for new items (diapers, formula, ice packs, and cloth baby wipes).
Loose Comfortable Pants/Undergarments	Infant Car Seat (Know how to properly install it and use it.)

ShareLove.Fund provides free yoga vocational training, signature “jailbird workouts,” and meditation kits to at-risk women, including the women in the maternity ward at Rosie’s situated in Rikers Island jail.

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## **ShareLove.Fund Empowers Female Entrepreneurs through Social Enterprise**

ShareLove.Fund uses a tech approach to educate as many jobless women as possible for vocational certifications and to amplify the reach of existing female entrepreneurs. Read more about the amazing women who forged ShareLove.Fund on <https://sharelove.fund/people>.



Original watercolor design donated with love by Alissa Swedlow, available for purchase to support ShareLove.Fund at <https://sharelove.fund/shop>.

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