

HOSPITAL BAG

checklist

Toiletries For Mom

- Extra-absorbent maxi pads
- Deodorant
- Toothbrush/toothpaste
- Shampoo/conditioner
- Body wash
- Lip balm
- Hand cream/ lotion
- Brush/ comb
- Hair ties
- Moisturizer & sunscreen

Breastfeeding Moms

- Nursing bras
- Nipple balm
- Nipple pads
- Nursing pillow
- Nursing cover
- Nursing nightgown
- Nursing tanks/ tops

Miscellaneous

- Insurance cards
- Your birth plan
- Healthy snacks
- Laptop and charger
- Phone chargers
- Phone (for photos/videos, entertainment, communication)

Clothes For Mom

- Underwear
- Slippers
- 2-3 Pairs of socks
- Robe
- Maternity pajamas
- Going home outfit
- Flip flops for shower (optional)

For Baby

- 2-3 Sleepers
- 2-3 Onesies
- 1-2 Swaddling blankets
- Sleepsack
- Baby mittens
- Hat
- Burp cloths
- Pacifier(s) and pacifier clip
- Baby wash
- Going-home outfit
- Nail file

For Dads

- Sweat pants
- 2-3 T-shirts
- Sweatshirt
- 2-3 Pairs of socks
- Comfortable shoes

Optional

- Makeup
- Hairdryer/ curling iron
- Makeup remover wipes