

HOSPITAL BAG CHECKLIST



FOR MAMA

- Hospital paperwork
- ID and insurance card

CLOTHING

- Bathrobe
- Socks
- Slippers and flip-flops
- Nightgowns
- Going home outfit
- Underwear
- Nursing Bras

TOILETRIES

- Heavy-duty maternity pads
- Nipple cream
- Lip balm
- Body lotion
- hairbrush
- deodorant
- toothbrush
- toothpaste
- shampoo/conditioner
- hairdryer
- hair ties
- plastic bag (dirty clothes)
- cosmetics
- Moisturizer

EXTRA

- Glasses and contact lenses
(if you need them)
- Phone and charger
- Camera

FOR YOUR PARTNER

- Extra shirts
- Extra Pants/shorts
- Pajamas
- Snacks
- Toiletries

FOR BABY

- Going home outfit
- Pacifier
- Car Seat
- Swaddle Blankets
- Baby bum cream
- Baby wipes
- Diapers
- Baby wash
- Baby onsies
- Socks