



HOSPITAL BAG CHECKLIST

Everything you will need & want when the time comes

BASIC ESSENTIALS

- Driver's License
- Insurance Card
- Birth Plan
- Pre-Filled Forms
- Phone/Charger (long)
- Tablet - with a movie
- Camera
- Snacks / Cash (vending machines)

FOR MOM

- Pajamas 2-3 sets
- Nursing Tops/Bras
- Dark bottoms/Leggings
- Robe
- Cozy Socks
- Underwear
- Flip flops (for Shower)
- Going Home Outfit
- Nipple Cream/Pads
- Shampoo/Conditioner
- Face Wash/Lotion
- Body Wash/Lotion
- Toothbrush/Toothpaste
- Deodorant
- Glasses/Contacts
- Brush/Hair ties
- Makeup (Basic)
- Hair Dryer/Straightener

FOR BABY

- 1-2 Outfits (pictures)
- Swaddle Blanket
- Hat - matching outfits
- Burp Cloths
- Going Home Outfit
- Car Seat

FOR DAD

- Comfy Sleep Outfit
- Change of Clothes
- Toothbrush
- Bodywash/Deodorant
- Flip flops (for shower)
- Water Bottle

EXTRAS

- Nursing Pillow/Cover
- Birth Ball
- Sign/Photo Props
- Speaker/Earbuds
- Earplugs/Eyemask/Pillow
- Nurse Gifts/Snacks