

# HOSPITAL BAG CHECKLIST



## FOR MAMA

- |  |  |
|--|--|
| <input type="checkbox"/> ID and insurance card     | <input type="checkbox"/> Birth plan                |
| <input type="checkbox"/> Phone charger             | <input type="checkbox"/> Shower sandals            |
| <input type="checkbox"/> Slippers                  | <input type="checkbox"/> Hair ties                 |
| <input type="checkbox"/> Lip Balm                  | <input type="checkbox"/> Camera and charger        |
| <input type="checkbox"/> Pajamas(2)                | <input type="checkbox"/> Nursing bras (2)          |
| <input type="checkbox"/> Yoga pants (2)            | <input type="checkbox"/> Prenatal vitamins         |
| <input type="checkbox"/> Bath towels               | <input type="checkbox"/> Compression socks         |
| <input type="checkbox"/> All-natural numbing spray | <input type="checkbox"/> All-natural nipple butter |
| <input type="checkbox"/> Breast pads               | <input type="checkbox"/> Underwear                 |
| <input type="checkbox"/> Healthy snacks            | <input type="checkbox"/> Toothbrush and toothpaste |
| <input type="checkbox"/> Shampoo and conditioner   | <input type="checkbox"/> Moisturizer               |
| <input type="checkbox"/> Body wash                 | <input type="checkbox"/> Deodrant                  |
| <input type="checkbox"/> Face wash                 | <input type="checkbox"/> Contact lenses or glasses |
| <input type="checkbox"/> Hair dryer and brush      | <input type="checkbox"/> Makeup bag                |
| <input type="checkbox"/> Mom's going home out fit  |  |

## FOR BABY

- Car seat
- Baby book
- All-natural diaper cream
- Baby's clothing and swaddles

- Baby's going home outfit
- Baby shampoo and wash
- Diapers and wipes
- Nursing pillow

## FOR DAD

- Pajamas
- Toiletries
- Socks

- Change of clothes
- Slippers
- Phone charger

## EXTRAS

- Birthing ball
- Birthing playlist
- Gift for baby's sibling(s)

- Bluetooth headphones
- Birthing gown

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