HOSPITAL BAG CHECKLIST



FOR MAMA

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

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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