

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"/> Deodorant |
| <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 outfit | |

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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