

HOSPITAL BAG

checklist

For Mom

- ☐ Purse/Insurance card/ID
- ☐ Nightgowns (dark colors)
- ☐ PJ sets/robe
- ☐ Bras (sports bras/nursing bras)
- ☐ Slippers
- ☐ Shoes for going home
- ☐ Outfit for going home (loose)
- ☐ Toiletry bag
- ☐ Shower stuff (shampoo, body wash razor)
- ☐ Always Discreet Boutique diapers
- ☐ Prenatal vitamins from home
- ☐ Hair tie/clip
- ☐ Blow dryer/hair brush/styling tools
- ☐ Makeup
- ☐ Deodorant
- ☐ Makeup remover

Other

- ☐ Portable phone charger
- ☐ Pillows & blanket from home
- ☐ Nightlight
- ☐ Contacts/glasses (if needed)
- ☐ Nipple shields/pads if BF
- ☐ Snacks
- ☐ Folder to keep papers
- ☐

For Baby

- ☐ Car seat (& base installed in car)
- ☐ Cute baby outfits for pictures
- ☐ Letterboard or photo props
- ☐ White noise machine & charger
- ☐ Baby socks
- ☐ Baby nail trimmer/file
- ☐ Pacifier(s)
- ☐ Velcro swaddle
- ☐ Going home outfit for baby

For Dad

- ☐ Clothes & shoes
- ☐ Pillow & blanket from home
- ☐ Contacts/glasses (if needed)
- ☐ Phone charger
- ☐ Snacks