



#caprimom hospital bag checklist

MINIMALIST PACKING

THE HOSPITAL PROVIDES YOU WITH UNDERWEAR, PADS, NIPPLES CREAMS, TUCKS, TOWELS, PILLOWS, BED SHEETS, SOCKS, ETC. WE RECOMMEND TO PACK LIGHT SO YOU DON'T HAVE A LOT TO WASH/PUT AWAY WHEN YOU COME HOME!

- ROBE
- PAJAMAS (3)
- SHOWER FLIP FLOPS
- NURSING BRA/TANK
- GOING HOME OUTFIT
- COMMON TRAVEL TOILETRIES
- BLOW DRY BRUSH
- DOC ORGANIZER
- WATER BOTTLE
- PHONE CHARGER
- LIGHT MAKEUP
- HAIR TIES
- CAMERA

