

HOSPITAL BAG CHECKLIST

FOR YOU

- Long Cell Phone Charging Cord
- External Battery Pack
- Pillow and Blanket
- Custom Mask + Sanitizing Wipes
- Disposable Underwear
- Snacks and Water Bottle/Thermos
- Perineal Spray Spray, Tucks Pads, and Frida Pads
- Comfortable Nursing Dress, Robe, and Slippers
- Nipple Cream/Butter
- Toiletries

FOR BABY

- Velcro Swaddles
- Announcement Sign
- Portable Sound Machine
- Going Home Outfit
- Boppy or Nursing Pillow
- Car Seat