

Delivery Bag Checklist

FOR MAMA

Available at NutriChem

- ☐ **Hand Sanitizer**
(Everyone Hand Sanitizer Coconut Lemon)
- ☐ **Lozenges**
(Honibe Honey Lozenges)
- ☐ **Lip Balm**
(NutriChem Organic Lip Love)
- ☐ **Mints**
(Spry Gems Mints)
- ☐ **Protein Bars**
(Vega Chocolate Peanut Butter Meal Substitute Bars)
- ☐ **Nipple Salve**
(Seabuckthorn Soothing Salve for Nursing Nipples)
- ☐ **Soothing Witch Hazel**
(Thayers Unscented Alcohol-Free Witch Hazel with Aloe Vera)
- ☐ **Shampoo & Body Wash**
(Carina Organics Pink Grapefruit Shampoo & Body Wash)
- ☐ **Hair conditioner**
(Andalou Naturals Argan & Sweet Orange Conditioner)
- ☐ **Toothpaste**
(Tea Tree Toothpaste)
- ☐ **Face Wash**
(Green Beaver Sensitive Gel Cleanser Aloe Vera & Grapefruit)
- ☐ **Facial Moisturizer or Cream**
(Skin Essence Organics Nourish Facial Moisturizer)
- ☐ **Deodorant for Dad and Mom**
(Love by Herban Cowboy for Her Max Protection Deodorant)
- ☐ **Sensitive baby wipes**
(Kinder by Nature Unscented Baby Wipes)

OTHER ESSENTIALS:

- ☐ Nursing bra
- ☐ Comfortable clothes to leave hospital in (sweat pants, comfy sweater, nursing tank top) Nothing too tight!
- ☐ Change of comfy clothes for day (Nursing tanks top, loose pants and comfy cardigan)
- ☐ Few pairs of underwear
- ☐ Couple pairs of socks
- ☐ Flip flops for shower
- ☐ Toothbrush
- ☐ Robe & nursing nightgown set
- ☐ High absorbency menstrual pads
- ☐ Towel
- ☐ Glasses/Contacts/Contact Solution & Case
- ☐ Hairbrush/comb
- ☐ Phone charger

FOR BABY:

- ☐ Going home outfit (new born size soft onsie)
- ☐ Hats
- ☐ Receiving blankets
- ☐ Baby mitts
- ☐ Diapers
- ☐ Blanket

FOR DAD:

- ☐ Change of clothes that are comfy to sleep in on an uncomfortable chair
- ☐ Water Bottle
- ☐ Toothbrush



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