

Mom's Hospital Bag Checklist

Hygiene:

Shampoo
Toothpaste / Toothbrush
Hairbrush
Deodorant
Lip Balm / Chapstick
Face Cleansers / Wipes / Wash
Makeup
Glasses / Contacts / Contact Solution
Towel

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Administrative:

Insurance Card / Documents
Hospital Paperwork
Photo ID
Birth Plan
Medicine

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Mom Things:

Pads
Undies
Nursing Bra
Nipple Cream / Lanolin / Gel Pads

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Food:

Healthy Snacks
Drinks
Candy / Gum / Lozenges

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Entertainment:

Phone
Charging Cord
Earbuds / Headphones

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Clothes:

Wear Home Clothes

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Extras:

Slippers or Flip Flops
Socks
Robe
Tank Top
Extra Bag
Garbage Bag
Breast Pump

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