

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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