

# ⇒ Mom's ⇒

## HOSPITAL BAG CHECKLIST

### Hygiene:

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

### Administrative:

- Insurance Card / Documents
- Hospital Paperwork
- Photo ID
- Birth Plan
- Medicine
- .....
- .....
- .....

### Mom Things:

- Pads
- Undies
- Nursing Bra
- Nipple Cream / Lanolin / Gel Pads
- .....
- .....
- .....

### Food:

- Healthy Snacks
- Drinks
- Candy / Gum / Lozenges
- .....
- .....
- .....

### Entertainment:

- Phone
- Charging Cord
- Earbuds / Headphones
- .....
- .....
- .....

### Clothes:

- Wear Home Clothes
- .....
- .....
- .....

### Extras:

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

# Mom's Hospital Bag Checklist

## Hygiene:

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

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## Mom Things:

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Undies  
Nursing Bra  
Nipple Cream / Lanolin / Gel Pads

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## Food:

Healthy Snacks  
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