



HOSPITAL BAG CHECKLIST

WELCOME BABY!



nanobébé



FOR ME:

- ID, insurance card, hospital paperwork
- birth plan
- medical history document
- skincare regimen
- hairbrush and hairties
- toothbrush and toothpaste
- lip balm
- shampoo, conditioner, body lotion
- slippers/grip socks
- comfy clothes
- breastfeeding accessible clothing
- robe
- going home outfit (with flat shoes)
- phone with charger
- _____
- _____

FOR BABY:

- going home outfit
- bottle if needed (try nanobébé)
- pacifier (try the flexy pacy)
- approved infant carseat
- receiving blankets
- seasonal appropriate clothing
- onesies
- baby hat and socks
- mittens to prevent scratching
- newborn diapers
- alcohol-free baby wipes
- _____
- _____

FOR PARTNER:

- phone with charger
- camera
- snacks and drinks
- personal medication
- change of clothes
- pillow
- blanket
- contact list for the big news
- change for vending machine
- _____

MISCELLANEOUS:

- favorite snacks
- shower shoes
- favorite pillow
- soft toilet paper
- heavy duty maxi pads
- nursing pads & nipple cream
- reading materials
- favorite playlists
- eyeglasses or contact lenses
- any massage tools
- thank you goodies for staff
- _____
- _____

