

Hospital Bag Essentials Guide

You got this, mama!

For Mama

Flip Flops or Slippers

Nursing Bra

Pads + Nursing Pads

Comfy Underwear

Nursing Tops

Comfy Pants

Going Home Outfit

Housecoat

Perineal Bottle

Delivery Gown

For Baby

Diapers
(Newborn + Size 1s)

Wipes

Baby Clothes
(Onesies + swaddles)

Car Seat

Socks

Hats + Mitts

Other Essentials

Reusable Water Bottle

Snacks

Toiletries

Lip Balm + Moisturizer

Hair Ties + Brush

Hand Sanitizer

Charger

Entertainment
(Magazines, headphones, etc)

Birth Plan Documents