

Hospital Bag

checklist

For Mom

- Comfy PJs w/button down top + robe
- Nursing bra/tank
- Slippers + socks
- Nursing Pillow
- Toiletries (don't forget hair ties + nipple cream if breastfeeding)
- Long phone charger
- Postpartum mesh underwear/granny panties/pads
- Baby Book + pen (jot down those first memories + hand/foot prints)
- Laundry bag to keep dirty clothes
- Comfortable going home outfit
- Hard candy/snacks (don't forget some for dad!)
- Optional: Portable fan, diffuser for essential oils
- Nice to have: Pillow + blanket

For Baby

- Swaddle blankets (including a nice one for baby's announcement)
- Going home outfit (don't forget hat/socks)
- Burp cloths
- Car seat + car seat cover for winter babies
- Baby blanket
- Zip up pajamas or knotted gown(with fold over mittens)
- Onesie
- Name sign for baby announcement
- Bottles if not breastfeeding