

MY HOSPITAL BAG CHECKLIST

DOCUMENTS

- Birth Plan
- Maternity Notes
- Health Insurance Information
- Photo ID
- Hospital Registration Forms

ELECTRONICS

- Smartphone
- Tablet
- Charger
- Power Bank **
- Batteries
- Camcorder** / Camera**

MONEY

- Cash or Change

TOILETRIES**

- Toothbrush**
- Toothpaste**
- Towels**
- Deodorant**
- Lip Balm***/Gloss**
- Moisturiser**
- Body Wash**
- Liquid**/Bar** Soap
- Hand Sanitizer**

NOTES

MY HOSPITAL BAG CHECKLIST

Face Wipes**

HAIR CARE

Hair Bands / Ponytail Holders**

Shampoo: Straight**/Curly** Hair

Conditioner: Straight**/Curly** Hair

Blow-Dryer**

Hairbrush: Straight**/Curly** Hair

CLOTHING & ACCESSORIES

Nightgown** / Nightshirt**

Robe**

Bathrobe**

Sweater**

Homecoming Outfit

Undies & Absorbent Pads**

Bras / Nursing Bras**

Tanks**

A Pair Of Flip-Flops**

A Pair Of Socks**

Eyeglasses / Contact Lenses

Case For Glasses / Contacts

Lens Solution**

Face Mask (Disposable**/Cloth)**

BEDDINGS

C-Shaped Pillow**

Blankets**

NOTES

MY HOSPITAL BAG CHECKLIST

ENTERTAINMENT

- Music (make a playlist): Spotify**
- Magazines / Novels** / Audible**
- Movies: Netflix**/Amazon**

RELAXATION

- Birthing Ball And Its Pump**
- Back Massager**
- Massage Oil / Lotion**
- Stress-Relieving Squeeze Ball**

MEDICATION

- Pain Killer
- Prescriptions

STATIONERY

- Journal**/ Note Pad **
- Pen** / Pencil**
- Folder** / Envelope**

FOOD**

- Beverages
- Snacks / Light food
- Candy** / Mint**

EXTRAS

- Plastic Bags For Dirty Clothes***
- Another Bag For Gifts**
- A Postpartum Care Kit** / Essentials For A C-Section**

NOTES

MY HOSPITAL BAG CHECKLIST

- Small Travel Bag** for Face Masks (Disposable/Cloth), Cosmetics and Other Small Items.
- Hospital Bag: Suitcase**/Handbag**

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