

THE ECO-FRIENDLY HOSPITAL BAG CHECKLIST

FOR MAMA

- 1-2 Nursing Bras
- 2-3 Feeding-friendly tops
- 1-2 Sets of lounge pants
- Robe or long cozy cardigan
- Government Issued ID
- Laptop and/or Tablet
- Cotton or bamboo breastmilk pads
- Slippers or Slip-on shoes
- Chargers: phone/laptop/tablet
- Toiletries & Makeup
- Hair brush
- Toothbrush & toothpaste
- Natural nipple cream

FOR BABY

- Swaddle blanket
- 3-4 Kimono-style newborn tops
- 2-3 Newborn bottoms
- Newborn socks
- Newborn hat
- Baby nail file or fine grit emery board

ADDITIONAL ITEMS

- Birth Plan (if you have one)
- Digital Camera

NOTES