



HOSPITAL BAG

Check List

For Mom

- Birth Plan
- ID and insurance card
- Phone charger
- Nipple cream
- Breast pads
- Pajamas (2-3 sets)
- Robe
- Nursing tank (2-3)
- Nursing bras (2-3)
- Zip-up or button down long sleeve shirts (1-2)
- Announcement photo outfit
- Coming home outfit
- Underwear (2-3)
- Socks (2-3 pairs)
- Slippers

For Support Person

- Phone charger
- Shirts (2-3)
- Pants/shorts (2-3)
- Pajamas (2-3 sets)
- Socks (2-3 pairs)
- Announcement photo outfit
- Coming home outfit

For Baby

- Car Seat
- Announcement photo outfit
- Coming home outfit
- Zipper footies (2-3)
- Swaddle blankets (2-3)
- Knot gowns (2-3)
- Hats/headbands (1-2)
- Socks (2-3 pairs)
- Pacifiers (2-3)

Toiletries

- Shampoo and Conditioner
- Bodywash/soap
- Deodorant
- Toothbrush and toothpaste
- Face lotion/Skincare
- Makeup remover
- Prenatal vitamins
- Contacts/glasses
- Hairdryer, brush and styling tools
- Makeup
- Lip balm

Misc

- \$2-3 in quarters (for vending machines)
- Labor gown
- Birth announcement photo props
- Bobby pillow
- Mints/gum
- Mini speaker
- Cameras and charger
- Computer and charger
- Snacks and drinks
- Breast pump
- Water bottle
- Books