

# Hospital Bag Packing List

## Personal Items

- wallet with ID and insurance cards
- keys
- cell phone
- eye glasses (if needed)
- eye mask
- disposable adult incontinence underwear

## Toiletries and Misc.

- tooth brush and toothpaste
- contact lens case and solution (if needed)
- shampoo and conditioner
- moisturizer
- lip balm
- hair brush
- make-up (if taking pictures)
- hair dryer (if taking pictures)
- eye mask
- disposable adult underwear

## Snacks

- granola bars
- energy bars
- nuts
- trail mix

## Clothing

- robe
- fuzzy socks
- plastic slip-on shoes or flip flops
- loose cotton underwear
- loose pants with elastic waistband
- sweatshirt/comfortable top
- nursing tank top

## Electronics

- cell phone charger with long cord
- ipad
- portable speaker
- portable sound machine

## For the Baby

- infant car seat
- clothes for the trip home
- infant pacifier
- baby blanket