

A Checklist for

Maternity Hospital Bag



MOM ESSENTIALS

- Drivers License & Insurance cards
- Hospital forms, birth plan, & pediatrician contact info
- 1 comfy robe
- 1-2 nursing bras & extra underwear (3-5 pairs)
- 1 pair of lightweight pants & 1 pair of pregnancy leggings
- 2 pairs of "easy access," button down pajamas
- Slippers and/or non-skid slipper socks
- Easy slip-on shoes for the hospital trip
- A comfy & cute going home outfit
- A reusable water bottle
- Overnight diapers for mom (like Depends)

MOM EXTRAS

- Comfy nursing pillow & nipple cream (if nursing)
- Postpartum mom-kit (Frida Mom)
- Toiletries (toothbrush, toothpaste, lotion, facewash, deodorant)
- Makeup (mascara, chap stick, blush), hair ties, & hair dryer
- Electronics (iPad, phone charger)
- Pillow from home

BABY BAG

- Car seat
- 2 onsies & 1-2, two piece outfits, and 1 going home outfit
- 2-4 pairs of baby mittens
- A cute hat to keep them warm
- 2-3 bottles if you plan on bottle feeding
- 2-3 burp cloths, 1-2 swaddles, & 1-2 receiving blankets
- Diaper & wipes (a pack of each)

PARTNER LIST

- Entertainment (iPad, iPhone & chargers)
- Comfy pillow & blanket
- Toiletries ((toothbrush, toothpaste, lotion, facewash, deodorant)
- Change of clothes (1-2 sets)
- 1-2 pairs of pajamas
- A lot of patience!