

Hospital bag checklist

FOR MOM

- ID-card or passport
- Pregnancy card
- Sanitary pads
- Underwear, disposable underpants
- Shampoo, conditioner & shower gel
- Deodorant
- Toothbrush & toothpaste
- Face, hand & body cream, massage oil
- Hairbrush or comb
- Scrunchie or headband
- Hygienic lip balm or moisturizer
- Comfortable clothes for the hospital
- Slippers
- Socks
- Soft bath towel
- Nursing bras or tops
- Nursing pads
- Nipple cream
- Breast pump (optional)
- Postpartum recovery spray
- Hydrating face spray or mist
- Drinking bottle
- Snacks & drinks
- Tissues
- Outfit for going home
- Cell phone & charger
- Items to create a relaxing atmosphere - music, headphones, aromatherapy diffuser, led candles etc (optional)
- Entertaining items - book, magazine, crossword etc (optional)
- Pen & notebook
- Any necessary medications, glasses, contact lenses
- Makeup items (optional)
- Pillow or nursing pillow (optional)
- Pre-breastfeeding kit (optional)

FOR BABY

- Diapers
- Wet wipes
- Diaper cream
- Clothes during the hospital stay
- Clothes for going home
- Muslin cloths
- Nail clippers
- Car seat
- Baby blanket or warm bag for car seat

FOR PARTNER

- Comfortable clothes
- Slippers
- Personal hygiene items
- Food & drink
- Cell phone & charger
- Other devices & entertainment - laptop, video camera, photo camera, chargers, memory card, headphones, books, magazines etc (optional)

