

Hospital Bag Checklist

For Mom

FOOD & MEDICINE

- Water bottle
- Snacks
- Medication

POSTPARTUM CARE

- Nipple cream
- Breast pads
- Maternity pads

TOILETRIES

- Shower gel
- Skin care
- Toothbrush & toothpaste
- Deoderant
- Cosmetics

HAIR CARE

- Hair ties/hair clips
- Comb/brush
- Hair products

CLOTHING

- Nightgown
- Disposable underwear
- Nursing bras
- Comfy loose clothing

ELECTRONICS

- Phone charger
- Portable charger
- [Download Memory Book App](#)

SHOES

- Flip-flops for shower
- Slippers

Dujourbaby Memory Book App

Hospital Bag Checklist

For Partner

- Clothes
- Deodorant
- Toothbrush
- Shaver
- Phone/camera

For Baby

- Nappies
- Wipes
- Homecoming outfit
- Bodysuits
- Beanie
- Socks
- Muslin cloth
- Blanket
- Car seat

