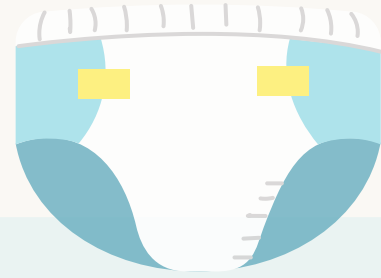


HOSPITAL BAG

Check List



Essentials for Mom

- ID
- Insurance card
- Birth plan
- Robe
- Loungewear
- Nursing-friendly pajamas
- Cozy socks
- Slippers or sandals
- Comfortable pillow
- Snuggly blanket
- Toothbrush
- Toothpaste and lip balm
- Shampoo
- Conditioner
- Body wash, and lotion
- Deodorant
- Snacks and drinks
- Heavy-duty maternity pads
- Underwear/ bras/ nursing pads
- Phone and charger

Essentials for Baby

- Bodysuits
- Footed sleepers
- Hats, and socks
- Coming home outfit
- Swaddle blankets
- Car seat
- Feeding Essentials

Birth Partner

- Change of clothes
- Toiletries
- Snacks and water
- Phone, camera and/or video camera
- chargers and batteries
- Small pillow and entertainment items

