

Hospital Go Bag Check List

For Mom

Clothes

- Pajamas, Nursing Gown, Hospital Gown*
- Robe
- Nursing Friendly Top
- Comfy Stretch Pants
- Underwear*
- Warm Fuzzy Socks*
- Slippers
- Nursing Bra/Sports Bra
- Going Home Outfit
- _____

Toiletries

- Lip Balm
- Glasses/Contacts (with solution and case)
- Flip Flops for Shower
- Toothbrush/Toothpaste
- Deodorant
- Moisturizer/Lotion
- Make-up
- Comb/Brush
- Hair Ties/Headband
- Shampoo/Conditioner
- Dry Shampoo
- Body Wash
- Towel*
- Face Wipes
- _____

Odds and Ends

- Cell Phone/Laptop/Tablet
- Camera/Memory Card
- Chargers
- Power Strip
- Gift for Dad
- Gift for Hospital Staff
- Note Pad and Pen
- Baby book for the memorable items
- _____

Labor Essentials

- Music (with headphones/speaker)
- Handheld Massager
- 2 Tennis Balls in Tube Sock
- Portable Fan
- Pillow*
- Blanket*
- Water Bottle*
- Essential Oils
- _____

Post - Partum

- Snacks
- Pads/Depends*
- Breast Pads
- Heating Pad
- Nursing Cover
- Nipple Shield
- Tucks Wipes*
- Durmoplast*
- Perineal Ice Packs*
- Peri Bottle*
- _____

For Dad

- Pillow*
- Blanket*
- Snacks
- Bottled Drinks
- Gum Mints
- Money for Vending Machine
- Change of Clothes
- Button-down Shirt for Kangaroo Care
- Toiletries
- Phone/Tablet (with chargers)
- Books/Entertainment
- _____

For Baby

- Going Home Outfit
- Photo Outfit
- Onesies*
- Baby Socks
- Hat*
- Blanket*
- Nursing Pillow
- Pacifier*
- Pacifier Clip
- Car Seat
- _____

Diaper Bag

- Extra Outfit
- Burp Clothes
- Swaddle Blanket
- Nursing Cover
- Pacifiers
- Butt Paste/Diaper Cream
- Wipes*
- Diapers*
- Changing Pad
- _____

Important Documents

- Insurance Card
- Medical Papers
- Driver's License
- Social Security Card
- Doctors' Info (OB and Pediatrician)
- List of People to Call
- _____

* Hospital may provide these items, but you may want to bring your own

