

# HOSPITAL BAG PACKING LIST

— HOSPITAL NAME AND ADDRESS —

## FOR MOM

Birth Plan  
Robe and Slippers  
Warm Socks  
Delivery Gown  
Lotion/Lip Balm  
Lip Balm  
Hair Elastic  
Book/Magazine  
Toiletries

## FOR THE BABY

Infant Car Seat  
Diapers  
2-3 Pairs of Sleepers  
Hat/Jacket  
Burp Cloth  
Socks/Booties  
Blanket  
Car Seat Cover (if cold weather)

## AFTER DELIVERY

Nursing Bra  
Nursing Tank  
Nursing Pads  
Old/Cheap Underwear  
Toothbrush/toothpaste  
Going Home Outfit  
Ear Plugs (noisy hospital)

## BIRTHING PARTNER

Water Sprayer  
Comfortable Shoes  
Change of Clothes  
Snacks  
Camera/Phone  
Swimwear  
Watch (for contractions)