

YOUR MUST HAVE

Hospital Bag Checklist

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FOR MOM

1-2 Robes
2-3 Nursing Tanks/Bras
1-2 Pajamas
1-2 Pair Yoga Pants
Slippers/Flip Flops
Body Soap
Water Bottle
Chap Stick



Breastfeeding Pillow
Comfortable Underwear
Coming Home Outfit
Toiletries- Hairbrush, hair ties,
headbands, dry shampoo,
body lotion, face wash,
deodorant, chap stick,
cleansing wipes



FOR BABY

Car Seat/Car Base
Coming Home Outfit
Hat/Mittens
2-3 Swaddle Blankets
2-3 Onesies
Keepsake Blanket
Baby Memory Book
1-2 Pajamas/Sleep Sack



FOR DAD

Pajamas
1-2 Change of Clothes
Slippers/Flip Flops
Phone/Phone Charger
Toiletries/Personal Hygiene
Products
Pillow and Blanket
Warm Sweater or Hoodie



MISCELLANEOUS

Cell Phones/Power Cords
Tablet/Laptop
Birth Plan
Insurance Card/ID
Camera
Snacks
Cash for Parking/Food



HOSPITAL TYPICALLY PROVIDES

Disposable Underwear, Maternity
Pads, Diapers, Nipple Cream,
Nursing Pads, Formula, Wipes,
Bottom Spray, Sitz Bath, Baby
Onesie, Baby Hat, Hemorrhoid
Pads

