

# HOSPITAL BAG CHECKLIST

## For Mom

- Comfortable clothing
- Robe or dressing gown
- Non-slip socks or slippers
- Nursing bras
- Maternity pads
- Nursing pads
- Hair ties or clips
- Lip balm
- Eye mask
- Earplugs
- Snacks and drinks
- Birth plan
- Extra-long phone charger
- Pillow from home
- Water bottle or reusable straw
- Stress ball
- Essential Oils
- Birth Affirmation Cards

## For Baby

- 3-4 Onesies
- 3-4 Sleepers
- Going Home Outfit
- 3-4 Soft Cotton Hats
- 3-4 Pairs of Socks or Booties

- 2-3 Receiving Blankets
- 2-3 Pairs of No-Scratch Mittens
- 1-2 Swaddle Blankets
- A Pack of Newborn Diapers
- Wet Wipes
- Diaper Disposal Bags
- Portable Changing Sheet
- Baby Powder
- Vaseline
- Cotton Swabs
- Baby Lotion
- Pacifiers
- Baby Nail Clippers
- Baby Grooming Kit

## For Dad

- Change of clothes
- Comfortable shoes
- Pajamas
- Snacks and drinks
- Chargers for devices
- Camera or phone with charger
- Toothbrush and deodorant
- Cash or credit card
- Pillow and blanket
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# HOSPITAL BAG CHECKLIST

## Recovery

- Postpartum underwear
- Disposable pads or adult diapers
- Peri bottle
- Ice packs
- Nursing pillow
- Nipple cream
- Medications
- Comfortable clothing for going home
- Postpartum belly wrap (Csection)
- Nursing bras or tanks
- Cooling/healing pads
- Abdominal binder (for C-section)
- Comfy loungewear or pajamas
- Compression socks
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## Toiletries

- Toiletries
- Toothbrush and toothpaste
- Shampoo and conditioner
- Body wash
- Deodorant

- Facial cleanser
- Moisturizer
- Hairbrush or comb
- Dry shampoo
- Chapstick
- Makeup (if desired)
- Tucks Pads (for hemorrhoid relief)
- Stool softeners (ask your doctor)
- Hand Sanitizer

## Celebration

- Camera or phone with charger
- Memory cards
- Props for baby photos
- Announcement cards or social media templates
- Notebook or journal

## Others

- Hospital-approved identification
- Insurance cards
- Cash or credit card
- Copies of important documents
- Copies of your birth plan
- ID and insurance cards
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