



YOUR HOSPITAL BAG CHECKLIST

FOR MOM

- Folder w/ ID, Insurance, Pediatrician contact information
- Birth plan - 2 copies
- Phone/tablet
- Wall/external chargers extra long cords
- Pen/Notepad
- Flip flops (for shower and going home)
- Nursing bras - 2
- Comfy lounge clothes - 2 sets
- Robe
- Warm, long socks (2 pair) & slippers
- Going home outfit - maternity leggings or joggers and nursing tanks
- Reusable water bottle
- Toiletries (travel size)
 - Toothbrush & toothpaste
 - Nipple cream
 - Shampoo & dry shampoo
 - Deodorant
 - Brush/comb
 - Glasses/contact lenses
 - Chapstick
 - Hair accessories
 - Nursing pads
 - Small make-up items

FOR BABY

- Going home
 - newborn outfit, 0-3 month outfit - stick to things with snaps/zippers
 - Baby hat
 - Baby gloves
 - Baby socks
- Swaddle blanket

FOR PARTNER/SUPPORT PERSON

- Toiletries (travel size)
 - Toothbrush & toothpaste
 - Deodorant
 - Glasses/Contact lenses
- Change of clothes
 - Underwear
 - Sleeping clothes
 - Comfy clothes - 2 sets
- Chargers
- Computer/tablet, camera
- Extra bag for dirty clothes
- Snacks/drinks
 - Gum/mints
 - Reusable water bottle
 - Post labor snacks in ziplock: M&Ms, crackers, granola bars, fig bars, nuts/trail mix, etc.

LEAVE IN CAR

- Trash bag and paper towels
- Car seat & base installed - must have in order to be discharged