



Hospital Bag Checklist

For Mother/Birthing Person

- ☐ Flip flops / Slippers
- ☐ Going home outfit
- ☐ Nursing pads
- ☐ Pillow (non-white case)
- ☐ PJs
- ☐ Tank top/Button-up top for breastfeeding
- ☐ Robe
- ☐ Socks
- ☐ Sports bra or nursing bra
- ☐ Glasses
- ☐ Shower cap

Toiletries

- ☐ Lip balm
- ☐ Contact lens solution & case
- ☐ Deodorant
- ☐ Hand sanitizer
- ☐ Shampoo / Conditioner
- ☐ Toothbrush and toothpaste
- ☐ Hair brush
- ☐ Hairband or hair tie

Extras

- ☐ Book / Magazines
- ☐ Snacks
- ☐ Music
- ☐ Affirmations
- ☐ Camera
- ☐ Cell phone and charger
- ☐ Noise machine
- ☐ Ear plugs
- ☐ Personal fan
- ☐ Comfort items: hand held massager, aromatherapy

Personal Documents

- ☐ Birth Preferences (Plan)
- ☐ I.D. and Insurance
- ☐ Pediatrician Information

For Baby

- ☐ Car Seat - 5 Point Harness (must have)
- ☐ Nursing pillow
- ☐ Going home outfit

For Partner

- ☐ Blanket or Sleeping Bag
- ☐ Cash for vending machines
- ☐ Pillow (non-white case)
- ☐ Toothbrush
- ☐ Comfortable clothing to sleep in
- ☐ Snacks

Please note that the following items will be available to you at the hospital. If you would like to bring your own, that is also permitted.

- ☐ Mesh underwear
- ☐ Sanitary pads
- ☐ Postpartum recovery spray
- ☐ Medicated Pads
- ☐ Lanolin or nipple cream
- ☐ Nursing pads
- ☐ Breast pump (specifically designed to help establish milk supply)
- ☐ Diapers
- ☐ Wipes
- ☐ Baby blanket
- ☐ Baby hat
- ☐ Onesies



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