

HOSPITAL BAG CHECKLIST

MOM

- BIRTH PLAN & IMPORTANT DOCUMENTS
- ROBE
- GOWN
- POST-PARTUM UNDERWEAR
- NURSING BRA
- ADULT DIAPERS
- 2-3 PAIRS OF COMFY SOCKS
- SHOWER SHOES
- 2-3 COMFORTABLE OUTFITS
- GOING HOME OUTFIT
- NIPPLE CREAM
- BREAST PADS
- PERI BOTTLE
- ICE PACK PADS
- BREASTFEEDING PILLOW
- PERINEAL SPRAY
- TUCKS PADS
- SLIP-ON SHOES
- NIPPLE CREAM
- TOILETRIES
- CASH
- SNACKS
- WATERBOTTLE
- 10FT PHONE CHARGER

BABY

- GOING HOME OUTFIT
- 2 OUTFITS
- HAT
- SWADDLES
- SWADDLE SET FOR ANNOUNCEMENT PICTURE
- BLANKET FOR CAR RIDE HOME
- BABY BOOK
- DIAPER CREAM

DAD

- SHOES
- 2-3 EXTRA OUTFITS
- HEADPHONES
- WATERBOTTLE
- SNACKS
- BLANKET
- PILLOW
- PHONE CHARGER
- TOILETRIES
- SNACKS

THINGS TO GRAB RIGHT BEFORE YOU LEAVE

- WATERBOTTLE
- CARSEAT
- PILLOW
- HOSPITAL BAG
- PURSE
- _____