

Hospital Bag CHECKLIST

FOR MOM

<input type="checkbox"/>	Nursing bras
<input type="checkbox"/>	Comfortable underwear (full coverage feels best)
<input type="checkbox"/>	Robe, Button up pajamas, or Labor gown
<input type="checkbox"/>	Socks with grips or slippers
<input type="checkbox"/>	Going-home outfit
<input type="checkbox"/>	Toothbrush & toothpaste
<input type="checkbox"/>	Face wash
<input type="checkbox"/>	Chapstick
<input type="checkbox"/>	Deodorant
<input type="checkbox"/>	Shampoo, conditioner, body wash
<input type="checkbox"/>	Hair ties or clips
<input type="checkbox"/>	Moisturizer/lotion
<input type="checkbox"/>	Long phone charger
<input type="checkbox"/>	Insurance card & ID
<input type="checkbox"/>	Birth Preferences (multiple copies)
<input type="checkbox"/>	Snacks & drinks
<input type="checkbox"/>	Entertainment (books, magazines, laptop, music)
<input type="checkbox"/>	Speaker
<input type="checkbox"/>	Portable fan
<input type="checkbox"/>	Nursing pillow or pregnancy pillow (for feeding)
<input type="checkbox"/>	Blanket
<input type="checkbox"/>	Trash bag
<input type="checkbox"/>	Items for creating your labor & ideal birth environment

FOR PARTNER

<input type="checkbox"/>	Comfortable clothes (1-2 sets)
<input type="checkbox"/>	Swimsuit
<input type="checkbox"/>	Toothbrush
<input type="checkbox"/>	Face wash
<input type="checkbox"/>	Deodorant
<input type="checkbox"/>	Shampoo, conditioner, body wash
<input type="checkbox"/>	Entertainment (books, magazines, laptop, music)
<input type="checkbox"/>	Airpods or headphones
<input type="checkbox"/>	Blanket
<input type="checkbox"/>	Pillow
<input type="checkbox"/>	Long phone charger

FOR BABY

<input type="checkbox"/>	CAR SEAT INSTALLED
<input type="checkbox"/>	Blanket
<input type="checkbox"/>	NB onesie
<input type="checkbox"/>	Going home outfit
<input type="checkbox"/>	Pediatrician info
<input type="checkbox"/>	Any fun items you'd like to bring for photos

TIPS

- Pack everything into one bag or suitcase. Less to carry on your way into the hospital!
- Pack toiletries and items for labor in a separate, accessible bag that your partner knows where each item is!
- Try not to overpack! The hospital will have all the items needed for mom (e.g. pads, diapers, perineal spray, etc) as well as diapers and wipes for baby!
- Items for labor can include birth combs, twinkle lights, diffuser, etc!