

# hospital bag CHECKLIST

## FOR MAMA

- ♥ Weekender bag
- ♥ Robe
- ♥ Loose pajamas
- ♥ Shirt dress
- ♥ Comfy socks
- ♥ Going home clothes
- ♥ Nursing tank top x 2
- ♥ Nursing bra
- ♥ Flip Flops
- ♥ Dark big underwear x 4
- ♥ Maternity (large) pads
- ♥ Toiletries (wash cloth, hair ties, dry shampoo, makeup, toothbrush / toothpaste, mirror, body lotion, face cream, brush, chap stick, deodorant, cleansing wipes, Tucks pads)
- ♥ Water Bottle
- ♥ Nipple Cream
- ♥ Prenatal Vitamins
- ♥ Pillow

## EXTRAS

- ♥ Phone + charger
- ♥ Camera
- ♥ Hand Sanitizer
- ♥ Glasses / Contacts if needed
- ♥ Driver's License
- ♥ Cash / Change for vending machines/food
- ♥ Healthy Snacks / Juice / Milk
- ♥ Towel

## FOR BABY

- ♥ Diaper Bag
- ♥ Onesies x 2
- ♥ Sleeper / Gown
- ♥ Swaddle Blankets x 2
- ♥ Newborn diapers
- ♥ Baby wipes
- ♥ Going home outfit
- ♥ Newborn hat
- ♥ Scratch mittens
- ♥ Newborn booties / socks
- ♥ Car Seat
- ♥ Car Seat Cover

## FOR DAD

- ♥ Weekender Bag
- ♥ Toiletries (toothbrush / toothpaste, deodorant, hair gel)
- ♥ Comfy clothes for sleeping
- ♥ Change of clothes
- ♥ Sweater
- ♥ Socks
- ♥ Hat
- ♥ Phone + charger
- ♥ Flip Flops
- ♥ Water Bottle
- ♥ Pillow
- ♥ Mints
- ♥ Wallet