

Hospital Bag Checklist



Mama

- 2-3 Nursing Tanks
- 2-3 Nursing Bras
- 2-3 Yoga /Stretchy Pants
- Robe
- Slippers
- Shower Flip Flops
- Socks
- 1-2 Pajamas
- Going Home Outfit (comfy outfit)
- License
- Insurance Card
- Camera
- Phone
- Phone Charger
 - with long cord
- Pads
- Granny Undies
- Toiletries
 - deodorant, tooth brush and paste
 - shampoo, conditioner, lotion, face wash,
 - body wash, brush, hair tools.
- Chapstick
- Hair Ties
- Snacks
- Make Up
- Nipple Cream
- Bottom Spray



Daddy



- Toiletries
 - deoderant, toothbrush,
 - body wash, shampoo,
 - razor, shaving cream.
- Snacks
- Shower Flip Flops
- 2 Outfits
- Pajamas
- Laptop
- Phone
- Phone Charger



Baby

- Car Seat
- Going Home Outfit
- 1-2 Baby Gowns
- 1-2 Swaddle Blankets
- Keepsake Blanket
- Hat
- Mittens
- Boppy
- Sleep Sack
- Pacifiers

