




HOSPITAL BAG

checklist




FOR MOM:


- Printed Birth Plan
 - Comfortable Labor Gown
 - Non-slip Socks or Slippers
 - Nursing Bras
 - Extra-large Underwear
 - Toiletries
 - Phone Charger with long cord
 - Portable Fan or Handheld
 - Snacks & Electrolytes
 - Pillow from home
 - Upside-down Peri Bottle
 - Hair Ties/ Claw Clips
 - Dry Shampoo
 - Nipple Cream
 - Mom Foam/ Witch Hazel Pads
 - Heating Pad or Small Massager
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FOR BABY

- 1-2 Sleepers
 - Going-home outfit
 - Soft Swaddle Blanket
 - Baby Hat or Bow
 - Car Seat installed in car
 - Baby Announcement Sign/Outfit
 - Mittens
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FOR SUPPORT PERSON

- Change of Clothes
 - Toiletries
 - Phone Charger
 - Snacks
 - Camera (if not your phone)
 - Lightweight Blanket
 - Slip-on Shoes
 - Extra Socks & Underwear
 - Refillable Water Bottle
 - Massage Oil (for labor support)
 - Chapstick (for mom)
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THE ACCIDENTAL FORGETS

- ID + Insurance Card
 - Birth Plan Copies
 - Pediatrician Contact Info
 - Cash (Vending Machines)
 - Headphones
 - Portable Charger
 - Extra Blanket for Baby (car ride)
 - Empty Bag for Hospital Supplies
 - Folder for paperwork
 - Flip flops for Shower
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