





# 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
- 
- 


### 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
- 
- 

### 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)
- 

### 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
- 
- 