



## **YOUR HOSPITAL BAG CHECKLIST**

### **FOR MOM**

- Folder w/ ID, Insurance, Pediatrician contact information
- Birth plan - 2 copies
- Phone/tablet
- Wall/external chargers extra long cords
- Pen/Notepad
- Flip flops (for shower and going home)
- Nursing bras - 2
- Comfy lounge clothes - 2 sets
- Robe
- Warm, long socks (2 pair) & slippers
- Going home outfit - maternity leggings or joggers and nursing tanks
- Reusable water bottle
- Toiletries (travel size)
  - Toothbrush & toothpaste
  - Nipple cream
  - Shampoo & dry shampoo
  - Deodorant
  - Brush/comb
  - Glasses/contact lenses
  - Chapstick
  - Hair accessories
  - Nursing pads
  - Small make-up items

### **FOR BABY**

- Going home
  - newborn outfit, 0-3 month outfit - stick to things with snaps/zippers
  - Baby hat
  - Baby gloves
  - Baby socks
- Swaddle blanket

### **FOR PARTNER/SUPPORT PERSON**

- Toiletries (travel size)
  - Toothbrush & toothpaste
  - Deodorant
  - Glasses/Contact lenses
- Change of clothes
  - Underwear
  - Sleeping clothes
  - Comfy clothes - 2 sets
- Chargers
- Computer/tablet, camera
- Extra bag for dirty clothes
- Snacks/drinks
  - Gum/mints
  - Reusable water bottle
  - Post labor snacks in ziplock: M&Ms, crackers, granola bars, fig bars, nuts/trail mix, etc.

### **LEAVE IN CAR**

- Trash bag and paper towels
- Car seat & base installed - must have in order to be discharged