

HOSPITAL BAG CHECKLIST

The Essentials for Labor & Delivery

FOR MOM

- Pajamas / Lounge Wear
- Socks
- Slippers / Flip Flops
- Sweater
- Top to Wear in Maternity Pictures
- Nursing Bra / Tank Top
- Maternity Clothes to go Home in
- Contact Lens / Glasses Case
- Toothbrush
- Toothpaste
- Deodorant
- Shower Essentials
- Lip Balm
- Hair Ties or Headband
- Hair Brush
- Makeup

FOR DAD

- Set of Clothes
- Button Down Shirt
- Toiletries
- Pillow
- Entertainment
- Snacks, Gum, Mints
- Bottled Drinks
- Money for Food

FOR BABY

- Car Seat
- Blanket
- Going Home Outfit
- Extra Outfits / Pajamas
- Diapers / Wipes *(if you don't want to use the hospital brand)*
- Swaddle
- (2) Burp Cloths
- Pacifier
- Nursing Cover
- Optional: Diaper Bag *(your hospital will have most everything you need from your diaper bag, so it's OK to leave this at home.)*

IMPORTANT

- Insurance Information
- Birth Plan
- Driver's License
- OB Contact Information
- Pediatrician Contact Information
- Social Security Card

OLDER SIBLING(S)

- Snacks
- Toys to Play With
- Books
- Activities
- Big Brother / Sister Gift
- Change of Clothes

OPTIONAL EXTRAS TO PACK

- Music
- Entertainment
- Snacks
- Phones & Chargers
- Memory Card
- Camera & Extra Charger
- Batteries
- Massage Equipment
- List of People to Call
- Valet / Parking Money
- Nurse Gifts
- Gift for Dad
- ipad / Laptop
- ipad / Laptop Chargers
- Belly Band
- Essential Oils

OTHER

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