# 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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**The Pragmatic Parent**
Raising Kids. Saving Sanity.