

Hospital Bag Checklist

FOR MOM, DAD & BABY

Mom

- Robe
- Nursing Bra x2
- Warm Socks/Slippers
- Nursing Pads
- Underwear x4
- Change of Clothes x2
- Comfy PJs x2
- Belly Binder
- Toiletries
- Nipple Cream
- Sanitary Pads
- Makeup (BB Cream & Eyeliner)
- Snacks
- Hospital Paperwork/Birth Plan
- ID/Social Security Card
- Insurance Card
- Water Bottle

Dad

- Change of Clothes
- Underwear
- PJs
- Toiletries
- Flip Flops
- Phone Chargers
- Blanket
- Wallet/Cash
- ID

Baby

- Nursing Pillow
- Swaddle Blanket
- Onesies (Newborn & 0-3) x3
- Baby Mittens x4
- Baby hat
- Burp Cloths x3
- Diapers (Newborn and size 1)
- Baby Wipes
- Baby Blanket
- Baby Socks
- Take Home Outfit
- Car Seat