

The Essential Hospital Bag Checklist

HOSPITAL BAG ESSENTIALS

- Birth plan
 - Cord blood collection kit
 - Driver's license or ID
 - Insurance card
 - Cell phone and charger
 - Clothing to wear home for mom
 - Going home outfit for baby
 - Pediatrician's contact information
 - Mom's medications and medication list
 - Infant car seat
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CHECKLIST FOR MOM

Comfortable clothing

- A loose, comfortable outfit
- Nightgown or robe
- Maternity underwear
- Bra or nursing bra and nursing pads
- Comfortable shoes
- Glasses or contact lens and lens solution

Toiletries

- Heavy-duty feminine pads or adult diapers
- Toothbrush and toothpaste
- Face wash and moisturizer
- Shampoo, conditioner, and body wash
- Hand or body lotion
- Antiperspirant or deodorant
- Lip balm
- Hairbrush or comb

- Hair ties or headband
- Nipple cream

Comfort Items

- Comfortable pillow and blanket
 - Bath towel
 - Headphones or Bluetooth speaker
 - Reusable water bottle
 - Snacks
 - Laptop or tablet
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CHECKLIST FOR BABY

- Swaddle or receiving blankets
 - Burp cloths
 - Socks and booties
 - Baby hat
 - Formula and bottles
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CHECKLIST FOR PARTNERS

- Change of clothes
- Comfortable socks and shoes
- Toiletries
- Medications
- Glasses or contacts
- Cell phone and charger
- Snacks or small bills for vending machines
- Water bottle or drinks
- Tablet, book, or other entertainment
- Pillow and blanket
- Checklist of who to call or text
- Camera
- Spare bag or envelope for keepsakes