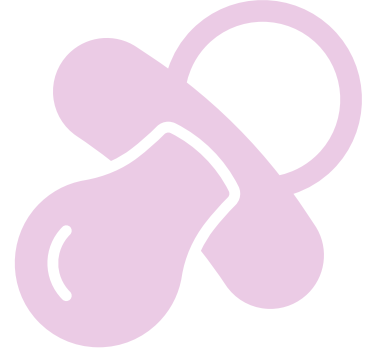


The Essential Hospital Bag Checklist



Hospital Bag Essentials

- Birth plan
- Cord blood banking kit
- Driver's license or other ID Card
- Health insurance card and hospital forms
- Pediatrician's contact information
- Mom's medications and medication list
- Cell phone and charger
- Clothing to wear home for mom
- Clothing to wear home for baby
- Infant car seat



Packing for Mom



Clothing -

- Warm, comfortable change of clothes
- Nightgown or robe
- Maternity underwear
- Bras or nursing bra and breast pads
- Non-skid socks
- Comfortable shoes, slippers, or flip-flops
- Glasses or contacts



Toiletries -

- Heavy-duty feminine pads
- Toothbrush and toothpaste
- Soap and face wash
- Shampoo and conditioner
- Lotion and skin care products
- Deodorant
- Lip balm
- Hair brush

- Hair ties
- Nipple cream



Comfort Items -

- Comfortable pillow or blanket
- Bath towel
- Books, magazines, or other entertainment
- Birth playlist and headphones
- Snacks and drinks
- Mementos or other comfort items



Packing for Baby

- Swaddle or receiving blankets
- Blanket
- Burp cloths
- Socks and booties
- Baby hat
- Formula and bottles



Packing for Partners

- Change of clothes
- Comfortable shoes
- Toiletries
- Medications
- Glasses or contacts
- Cell phone and charger
- Snacks or small bills for vending machines
- Water bottle or drinks
- Books, magazines, or other entertainment
- Pillow
- Blanket



Packing for Memories

- Baby keepsake book or scrapbook
- Who to call list

