

Hospital Bag Checklist

For mom

- Paperwork/health insurance card
- Driver's License
- Birth plan
- Phone with long cord charger
- Water bottle
- Coconut water
- Snacks
- Robe
- Camera
- Towels
- Nursing bra (2)
- Slippers
- Flip flops for the shower
- Going home outfit (loose sweatpants or leggings)
- Nursing pads
- Nipple cream
- Small bag for dirty clothes
- Additional bags for hospital supplies you'll be taking home
- Non-slip socks
- Hair ties
- Sweater/cardigan

For baby

- Car seat (with the base already installed)
- Swaddle blankets (2-3)
- No scratch mittens
- Socks (2-3 pairs)
- Hats (2)
- Newborn Onesie/sleeper (1)
- 3 months onesies/sleepers (3)
- Going home outfit
- Outfit for birth announcement photo
- Comfy blanket
- Pacifier (2)
- Car seat cover
- Nursing Pillow

Toiletries

- Toothbrush
- Toothpaste
- Unscented body wash
- Shampoo
- Conditioner
- Chapstick
- Deodorant
- Face wash
- Washcloth
- Lotion
- Comb/hairbrush
- Glasses
- Contact lenses
- Contact solution
- Make-up bag (lipstick, blush, mascara, eyebrow liner)

For dad

- Change of clothes
- Snacks
- Phone along with charger
- Wallet

“We have a secret in our culture,
and it’s not that birth is painful.
It’s that women are strong.”
– Laura Stavoe Harm