

HOSPITAL BAG CHECKLIST

FOR MOM, DAD AND BABY

MOM'S HOSPITAL BAG:

- birth preferences (printed, 4 copies)
 - birth book (for footprints, etc)
 - affirmation cards / things to make room cozy
 - birth class books / handouts
 - insurance / id card
- paperwork, etc
- birth gown + robe (with buttons / snaps in front)
 - 2 nursing bras + 2 nursing tanks
 - 1-2 comfy outfits (loose outfit)
 - 1 "coming home" outfit
 - 2-3 underwear (granny panties)
 - warm layer (if cold)
 - 2 pairs of warm socks (non slip)
 - 1 pair pjs
 - 1 bikini (if using a tub)
 - 1 pair flip flops
- clothing
- pads / mom diapers (some hospitals have these for you)
 - toiletries (as if going away for the weekend)
 - breast pump
 - headphones
 - optional: oils, nipple butter, holistic supplements for birth
 - 1-2 pillows (not white pillow cases)
- misc

MISCELLANEOUS BAG:

- snacks
- goodies for nurses / staff
- small freezer bag with popsicles, etc
- leave room for last minute things

BABY'S HOSPITAL BAG:

- baby blanket (warm)
- 2-3 newborn outfits
- 2 pairs of socks / booties
- baby nail clippers
- newborn diapers (most hospitals have)
- hat
- pacifier
- nursing pillow
- burp cloths (most hospitals have)

DAD'S HOSPITAL BAG:

- 1-2 change of clothes (comfy shirt + pants)
- gum/ breath mints
- toiletries (as if packing for weekend trip)
- phones, chargers, computer, bluetooth speaker
- 1 pair pjs
- 1 warm layer
- pillow + blanket
- underwear + socks
- swim suit (if using tub / shower)
- small bills / change for vending machine / parking
- insurance + id card

