

Hospital Bag Checklist

For You

- Flip flops _____
- Extra pair of socks _____
- Lip balm _____
- Long sleeved robe _____
- Hairbrush _____
- Hair tie _____
- Toothbrush _____
- Toothpaste _____
- Shampoo _____
- Conditioner _____
- Deodorant _____
- Body wash _____
- Face wash _____
- Moisturizer _____
- Water bottle (with spout or straw) _____
- Phone charger _____
- Watch charger _____
- Bluetooth speaker & charger _____
- One set of pajamas _____
- One set of going-home clothes _____
- Nursing friendly bras or bralettes _____
- A printed copy of your birth plan _____
- Any insurance paperwork if needed _____
- _____

Optional

- Snacks _____
- Pillows (with zip-closure pillowcase) _____
- Blanket _____
- Baby name plate for announcement photo _____
- Preferred baby wash, diapers, wipes, or formula _____

For Your Partner

- Flip flops _____
- Extra pair of socks _____
- Lip balm _____
- Toothbrush _____
- Toothpaste _____
- Shampoo _____
- Conditioner _____
- Deodorant _____
- Body wash _____
- Face wash _____
- Moisturizer _____
- Water bottle _____
- Electronics & chargers _____
- Sweatshirt _____
- Swim trunks/bathing suit _____
- One set of pajamas _____
- One set of going-home clothes _____

For Baby

- Two outfits that fit the season _____
- (In the colder months: 2 pairs of socks) _____
- a hat _____
- a warm blanket for the car _____
- 1-2 swaddle blankets _____
- Three pairs of pajamas _____
- Car seat installed and in the car _____
- Stocked diaper bag (for the trip home - leave in the car during hospital stay) _____