

COMPLETE HOSPITAL BAG *Checklist*

For Mama:

- Suitcase or Weekender bag
- Bonnet/scarf (for hair)
- Nursing tank tops
- Nursing bras
- Nursing pads
- Nipple cream
- Maternity (large) pads
- Large dark underwear
- Breastfeeding cover
- Nursing pillow
- Robe
- Loose pajamas/loungewear
- Comfy socks/slippers
- Comfy shoes
- Going home outfit
- Flip flops (if you plan to take a shower there)
- Headphones
- Water bottle
- Wallet/driver's license
- Essential papers/birth plan
- Labor & delivery affirmations/scriptures
- Toiletry bag
- Glasses/contacts/contact solution
- Wash cloth
- Body wash
- Toothbrush
- Toothpaste
- Body lotion
- Mirror
- Vaseline/chapstick
- Deodorant
- Cleansing wipes
- Hand sanitizer
- Brush/comb
- Hair ties/bobby pins
- Headbands
- Prenatal vitamins
- Makeup (if you want it for pictures)

For Dad (or Support Person):

- Weekender bag
- Comfy clothes
- Change of clothes
- Hoodies
- Socks
- Comfy shoes
- Phone & charger
- Water bottle
- Pillow
- Gum
- Glasses
- Snacks
- Wallet
- driver's license
- cash for vending machine
- Toiletries
- toothbrush
- toothpaste
- deodorant

For Baby:

- Diaper bag
- Onesies
- Sleeper/gown
- Swaddle blankets
- Newborn diapers
- Baby wipes
- Going home outfit
- Newborn hat
- Scratch mittens
- Newborn booties
- Socks
- Baby book
- Letter board (for pictures)
- Car seat cover
- Car seat

