

HOSPITAL BAG

Checklist

FOR MOM

labor bag

- ♡ ID/INSURANCE/BIRTH PLAN
- ♡ PHONE + CHARGER
- ♡ HAIR TIES/SWEAT BAND
- ♡ LIP BALM/VASELINE
- ♡ PILLOW
- ♡ WARM SOCKS NON SLIP
- ♡ SLIPPERS
- ♡ SNACKS + DRINKS
- ♡ MINI FAN
- ♡ ENTERTAINMENT

postpartum bag

- ♡ NURSING TANKS/TOPS
- ♡ NURSING BRAS
- ♡ COMFY PANTS/JOGGERS
- ♡ CUTE PJS
- ♡ NURSING NIGHT GOWN
- ♡ SHOWER SHOES
- ♡ TOILETRIES + MAKEUP
- ♡ NIPPLE CREAM/BREAST PADS
- ♡ BREASTFEEDING PILLOW

FOR DAD

- ♡ CHANGE OF CLOTHES
- ♡ PHONE + CHARGER
- ♡ CAMERA
- ♡ PILLOW + BLANKET
- ♡ SWEATER/SWEATSHIRT
- ♡ FIRST PHOTO OUTFIT
- ♡ ENTERTAINMENT
- ♡ WATER BOTTLE
- ♡ SNACKS + DRINKS
- ♡ TOOTHBRUSH + PASTE
- ♡ OTHER TOILETRIES
- ♡ CREDIT CARDS/CASH

FOR BABY

- ♡ CAR SEAT (INSTALLED)
- ♡ FEW SLEEPERS
- ♡ HAT + SOCKS
- ♡ GOING HOME OUTFIT
- ♡ SWADDLE BLANKET
- ♡ RECEIVING BLANKET
- ♡ BURP CLOTHS
- ♡ 1 PACK NEWBORN DIAPERS