

HOSPITAL BAG CHECKLIST

For Mom

- ☐ Birth plan or notes
- ☐ Going-home outfit
- ☐ Nursing Bra
- ☐ Toiletries
 - ☐ - Chapstick
 - ☐ - Toothbrush
 - ☐ - Face wash
 - ☐ - Deodorant
- ☐ _____
- ☐ _____
- ☐ Snacks and drinks
- ☐ Water bottle
- ☐ Mints and hard candy
- ☐ Extra Pillow
- ☐ Phone and Charger
- ☐ _____
- ☐ _____

Last Minute Adds

For Baby

- ☐ Going home outfit
- ☐ Rear-facing infant seat
- ☐ Diaper bag
 - ☐ - diapers
 - ☐ - wipes
 - ☐ - burp cloths
 - ☐ - diaper cream
 - ☐ - portable changing pad
 - ☐ - lotion
 - ☐ - hand sanitizer
- ☐ _____
- ☐ _____

For Dad

- ☐ Change of clothes
- ☐ Pajamas
- ☐ Phone List
- ☐ Snacks and drinks
- ☐ Toiletries
 - ☐ - Toothbrush
 - ☐ - Face wash
 - ☐ - Deodorant
- ☐ _____
- ☐ Phone and charger
- ☐ Camera
- ☐ Extra Pillow and blanket
- ☐ _____
- ☐ _____