

Hospital Bag Checklist

Mama

- Nursing Bra
- Nursing Pajamas/Loungewear for after
- Hair Ties
- Lip Balm
- Toothbrush + Toothpaste
- Face Wash/ Wipes
- Deodorant
- Shampoo & Conditioner
- Lotion
- Phone Charger
- Water Bottle
- Comfortable Shoes (Slip ons even better)
- Cozy Socks
- Going Home Outfit
- Birth Playlist + Speaker
- Robe
- Makeup (if you want)
- Book or Something Else for Entertainment

Dad

- Pillow
- Change of Clothes
- Snacks
- Phone Charger
- Toothbrush + Toothpaste
- Deodorant
- Book/Something for Entertainment

Baby

- Car Seat in Car
- Going Home Outfit
- Swaddles
- Burp Cloths
- Socks
- Hat
- Sound Machine

